**Missouri 2023 Mental Health Insights**

- **16K** Conversations
- **10K** Texters
- **126** De-escalations
- **65** Emergency Service Interventions

**Issues**
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Emotional abuse
- Substance use
- Bullying
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

**Race/Ethnicity**
- Asian
- Black/African American
- Hispanic/Latino
- Middle Eastern/North African/Arab
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

**Age**
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

**Gender**
- Agender
- Boy/Man
- Genderfluid
- Genderqueer
- Girl/Woman
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

**Sexual Orientation**
- LGBTQ+
- Straight or Heterosexual

**Other**
- 61% Shared something for first time
- 85% Found the conversation helpful
- 64% Reached out because they had no one else to talk to

**Disclaimer:** Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. Please note that the total percentages in the race, gender, and sexuality charts will not add up to 100% because texters might identify with multiple identities.