### Crisis Text Line Montana

#### 2023 Mental Health Insights

- **3K Conversations**
- **2K Texters**
- **29 De-escalations**
- **17 Emergency Service Interventions**

#### Issues

- Anxiety/Stress: 34.4%
- Relationships: 33.5%
- Depression/Sadness: 30.8%
- Suicide: 21.7%
- Isolation/Loneliness: 18.0%
- Self-harm: 14.6%
- Grief: 5.5%
- Eating/Body image: 4.2%
- Substance use: 4.0%
- Emotional abuse: 3.7%
- Bullying: 3.0%
- Sexual abuse: 2.4%
- Physical abuse: 1.7%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 0.9%

#### Race/Ethnicity

- Asian: 2.9%
- Black/African American: 2.5%
- Hispanic/Latina: 5.0%
- Middle Eastern/North African/Arab: 0.4%
- Native American/Native Alaskan/Indigenous: 12.9%
- Native Hawaiian/Pacific Islander: 0.4%
- White: 82.4%

#### Age

<table>
<thead>
<tr>
<th>13 or younger</th>
<th>14-17</th>
<th>18-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.1%</td>
<td>29.6%</td>
<td>21.7%</td>
<td>16.4%</td>
<td>9.2%</td>
<td>4.9%</td>
<td>3.0%</td>
<td>1.0%</td>
</tr>
</tbody>
</table>

#### Gender

- Agender: 1.0%
- Boy/Man: 16.5%
- Genderfluid: 4.1%
- Genderqueer: 3.8%
- Girl/Woman: 68.7%
- Intersex: 0.7%
- Non-binary: 6.2%
- Trans: 6.2%
- Two Spirit: 0.3%
- Write In: 2.7%

#### Sexual Orientation

- LGBTQ+: 51.9%
- Straight or Heterosexual: 48.1%

---

**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.