**3K Conversations**

- Anxiety/Stress: 34.4% (State), 34.7% (National)
- Relationships: 33.5% (State), 33.4% (National)
- Depression/Sadness: 30.8% (State), 29.8% (National)
- Suicide: 21.7% (State), 17.9% (National)
- Isolation/Loneliness: 18.0% (State), 17.0% (National)
- Self-harm: 14.6% (State), 13.3% (National)
- Grief: 5.5% (State), 5.0% (National)
- Eating/Body image: 4.2% (State), 3.3% (National)
- Substance use: 4.0% (State), 2.8% (National)
- Emotional abuse: 3.7% (State), 3.0% (National)
- Bullying: 3.0% (State), 3.3% (National)
- Sexual abuse: 2.4% (State), 2.4% (National)
- Physical abuse: 1.7% (State), 1.5% (National)
- Abuse (unspecified): 1.4% (State), 1.6% (National)
- Gender/Sexual identity: 0.9% (State), 1.0% (National)

**2K Texters**

- Montana 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%

**29 De-escalations**

**17 Emergency Service Interventions**

**61% Shared something for first time**

**84% Found the conversation helpful**

**66% Reached out because they had no one else to talk to**

**Montana 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/Latino: 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**

- 13 or younger: 14.1%
- 14-17: 29.6%
- 18-24: 21.7%
- 25-34: 16.4%
- 35-44: 9.2%
- 45-54: 4.9%
- 55-64: 3.0%
- 65+: 1.0%

**Gender**

- Agender: 1.0%
- Boy/Male: 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 a 100% because texters might identify with multiple identities.