1.33M Conversations
723K Texters
7K De-escalations
6K Emergency Service Interventions
60% Shared something for first time
84% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 17.9%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Grief: 3.6%
- Eating/Body image: 3.3%
- Bullying: 3.3%
- Emotional abuse: 3.0%
- Substance use: 2.8%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- Asian: 7.6%
- Black/African American: 14.8%
- Hispanic/Latinx: 19.7%
- Middle Eastern/North African/Arab: 1.5%
- Native American / ...: 3.9%
- Native Hawaiian / Pacific Islander: 1.0%
- White: 62.7%

Age
- 13 or younger: 15.0%
- 14-17: 28.5%
- 18-24: 23.6%
- 25-34: 16.3%
- 35-44: 8.4%
- 45-54: 4.8%
- 55-64: 2.5%
- 65+: 0.9%

Gender
- Agender: 1.5%
- Boy/Man: 16.9%
- Genderfluid: 3.7%
- Genderqueer: 2.0%
- Girl/Woman: 69.1%
- Intersex: 0.2%
- Non-binary: 6.6%
- Trans: 5.8%
- Two Spirit: 0.4%
- Write In: 2.9%

Sexual Orientation
- LGBTQ+: 51.7%
- Straight or Heterosexual: 48.3%

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.