4% of conversations
4% of texters
63% Shared something for first time
87% Found the conversation helpful
67% Reached out because they had no one else to talk to

2023 Mental Health Insights

Issues
- Anxiety/Stress: 38.5%
- Relationships: 34.7%
- Depression/Sadness: 33.4%
- Suicide: 19.3%
- Isolation/Loneliness: 18.9%
- Self-harm: 18.1%
- Grief: 13.3%
- Eating/Body image: 6.0%
- Emotional abuse: 3.6%
- Bullying: 3.0%
- Sexual abuse: 2.1%
- Substance use: 1.6%
- Abuse (unspecified): 1.0%
- Physical abuse: 0.6%
- Gender/Sexual identity: 0.2%

Race/Ethnicity
- Asian: 8.2%
- Black/African American: 22.0%
- Hispanic/Latinx: 25.3%
- Middle Eastern/North African/Middle Eastern/Arab: 4.2%
- Native American/Alaskan/Indigenous: 100.0%
- Native Hawaiian/Pacific Islander: 4.2%
- White: 52.9%

Age
- 13 or younger: 16.7%
- 14-17: 32.8%
- 18-24: 18.6%
- 25-34: 14.9%
- 35-44: 9.0%
- 45-54: 4.7%
- 55-64: 2.3%
- 65+: 0.9%

Gender
- Agender: 2.7%
- Boy/Man: 15.7%
- Genderfluid: 6.6%
- Genderqueer: 3.0%
- Girl/Woman: 64.7%
- Intersex: 1.4%
- Non-binary: 10.7%
- Trans: 10.3%
- Two Spirit: 4.2%
- Write In: 4.3%

Sexual Orientation
- LGBTQ+: 63.7%
- Straight or Heterosexual: 36.3%

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 a 100% because texters might identify with multiple identities.