1% of conversations
1% of texters

61% Shared something for first time
86% Found the conversation helpful
67% Reached out because they had no one else to talk to

Race/Ethnicity
- Asian: 39.4%
- Black/African American: 23.7%
- Hispanic/Latinx: 28.1%
- Middle Eastern/North African/Arab: 11.3%
- Native American/Indigenous: 17.3%
- Native Hawaiian/Pacific Islander: 100%
- White: 43.2%

Age
- 13 or younger: 15.9%
- 14-17: 32.3%
- 18-24: 23.1%
- 25-34: 16.1%
- 35-44: 6.3%
- 45-54: 2.8%
- 55-64: 2.3%
- 65+: 1.3%

Gender
- Agender: 4.4%
- Boy/Man: 17.1%
- Genderfluid: 7.3%
- Genderqueer: 4.3%
- Girl/Woman: 69.6%
- Intersex: 3.1%
- Non-binary: 10.1%
- Trans: 8.2%
- Two Spirit: 4.3%
- Write In: 6.3%

Sexual Orientation
- LGBTQ+: 59.6%
- Straight or Heterosexual: 40.4%

Issues
- Anxiety/Stress: 39.2%
- Relationships: 34.7%
- Depression/Sadness: 30.0%
- Suicide: 21.6%
- Isolation/Loneliness: 16.6%
- Self-harm: 13.3%
- Grief: 3.7%
- Bullying: 3.6%
- Eating/Body image: 3.6%
- Emotional abuse: 3.3%
- Substance use: 3.0%
- Sexual abuse: 2.8%
- Physical abuse: 2.7%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 1.1%

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.