**4K Conversations**

- Anxiety/Stress: 34.3%
- Relationships: 30.5%
- Depression/Sadness: 28.7%
- Suicide: 20.4%
- Isolation/Loneliness: 15.8%
- Self-harm: 11.3%
- Grief: 4.0%
- Eating/Body image: 3.8%
- Bullying: 3.3%
- Substance use: 3.3%
- Emotional abuse: 3.4%
- Sexual abuse: 2.9%
- Abuse (unspecified): 2.8%
- Gender/Sexual identity: 2.5%
- Physical abuse: 2.5%
- State: 1.8%
- National: 1.2%

**2K Texters**

- Asian: 5.7%
- Black/African American: 7.2%
- Hispanic/Latina: 12.4%
- Middle Eastern/North African/Arab: 1.6%
- Native American/Indigenous: 4.1%
- Native Hawaiian/Pacific Islander: 0.8%
- White: 79.8%

**49 De-escalations**

- State: 59%
- National: 41%

**20 Emergency Service Interventions**

- State: 1.7%
- National: 9.3%

**59% Shared something for first time**

**85% Found the conversation helpful**

**62% Reached out because they had no one else to talk to**

**Race/Ethnicity**

- Asian: 5.7%
- Black/African American: 7.2%
- Hispanic/Latina: 12.4%
- Middle Eastern/North African/Arab: 1.6%
- Native American/Indigenous: 4.1%
- Native Hawaiian/Pacific Islander: 0.8%
- White: 79.8%

**Gender**

- Agender: 2.3%
- Boy/Man: 17.9%
- Genderfluid: 2.6%
- Genderqueer: 2.8%
- Girl/Woman: 65.7%
- Intersex: 1.0%
- Non-binary: 7.4%
- Trans: 5.4%
- Two Spirit: 0.5%
- Write In: 3.6%

**Sexual Orientation**

- LGBTQ+: 53.4%
- Straight or Heterosexual: 46.6%

**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.