7K Conversations
4K Texters
40 De-escalations
39 Emergency Service Interventions
63% Shared something for first time
86% Found the conversation helpful
65% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.8%
- Relationships: 34.4%
- Depression/Sadness: 30.5%
- Suicide: 18.3%
- Isolation/Loneliness: 18.3%
- Self-harm: 12.4%
- Grief: 3.6%
- Bullying: 3.2%
- Emotional abuse: 3.0%
- Substance use: 2.8%
- Eating/Body image: 2.7%
- Abuse (unspecified): 2.5%
- Sexual abuse: 2.4%
- Physical abuse: 1.6%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- Asian: 12.9%
- Black/African American: 12.6%
- Hispanic/Latino: 26.6%
- Middle Eastern/North African/Arab: 1.2%
- Native American/Native Alaskan/Indigenous: 6.9%
- Native Hawaiian/Pacific Islander: 2.9%
- White: 57.2%

Age
- 13 or younger: 17.9%
- 14-17: 27.9%
- 18-24: 22.5%
- 25-34: 14.7%
- 35-44: 8.2%
- 45-54: 4.0%
- 55-64: 3.4%
- 65+: 1.4%

Gender
- Agender: 1.0%
- Boy/Man: 17.2%
- Genderfluid: 3.9%
- Genderqueer: 2.5%
- Girl/Woman: 68.3%
- Non-binary: 5.6%
- Trans: 4.0%
- Write In: 3.0%

Sexual Orientation
- LGBTQ+: 55.4%
- Straight or Heterosexual: 44.6%

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 100% because texters might identify with multiple identities.