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

Race/Ethnicity

- Asian: 12.9%
- Black/African American: 12.6%
- Hispanic/Latina: 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%

Issues

- Anxiety/Stress: 34.8%
- Relationships: 34.6%
- Depression/Sadness: 30.5%
- Suicide: 18.3%
- Isolation/Loneliness: 17.9%
- Self-harm: 12.4%
- Grief: 3.5%
- Bullying: 3.3%
- Emotional abuse: 3.3%
- Substance use: 3.0%
- Eating/Body image: 2.9%
- Abundance (unspecified): 2.1%
- Sexual abuse: 1.9%
- Physical abuse: 1.6%
- Gender/Sexual identity: 0.8%

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.