**New Hampshire 2023 Mental Health Insights**

- **4K Conversations**
- **2K Texters**
- **28 De-escalations**
- **18 Emergency Service Interventions**
- **56% Shared something for first time**
- **77% Found the conversation helpful**
- **64% Reached out because they had no one else to talk to**

### Issues

<table>
<thead>
<tr>
<th>Issue</th>
<th>State</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anxiety/Stress</td>
<td>35.8%</td>
<td>34.7%</td>
</tr>
<tr>
<td>Depression/Sadness</td>
<td>19.5%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Suicide</td>
<td>18.0%</td>
<td>17.9%</td>
</tr>
<tr>
<td>Self-harm</td>
<td>14.0%</td>
<td>13.3%</td>
</tr>
<tr>
<td>Eating/Body image</td>
<td>4.6%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Grief</td>
<td>3.3%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Substance use</td>
<td>3.1%</td>
<td>2.8%</td>
</tr>
<tr>
<td>Sexual abuse</td>
<td>2.8%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Emotional abuse</td>
<td>2.0%</td>
<td>2.6%</td>
</tr>
<tr>
<td>Bullying</td>
<td>2.5%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Abuse (unspecified)</td>
<td>1.5%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Gender/Sexual identity</td>
<td>1.1%</td>
<td>1.0%</td>
</tr>
<tr>
<td>Physical abuse</td>
<td>0.8%</td>
<td>1.5%</td>
</tr>
</tbody>
</table>

### Race/Ethnicity

- **Asian** - 4.2%
- **Black/African American** - 3.6%
- **Hispanic/Latino** - 6.0%
- **Middle Eastern/North African/Arab** - 1.2%
- **Native American/Native Alaskan/Indigenous** - 1.5%
- **Native Hawaiian/Pacific Islander** - 0.6%
- **White** - 88.7%
- **State**
- **National**

### Age

- **13 or younger** - 8.6%
- **14-17** - 28.1%
- **18-24** - 30.1%
- **25-34** - 19.8%
- **35-44** - 7.5%
- **45-54** - 3.6%
- **55-64** - 2.2%

### Gender

- **Agender** - 1.2%
- **Boy/Man** - 15.0%
- **Genderfluid** - 4.1%
- **Genderqueer** - 2.3%
- **Girl/Woman** - 67.4%
- **Non-binary** - 7.3%
- **Trans** - 7.3%
- **Write In** - 3.5%

### Sexual Orientation

- **LGBTQ+** - 58.3%
- **Straight or Heterosexual** - 41.7%

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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.