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
- Anxiety/Stress: 35.8% State, 34.7% National
- Relationships: 32.8% State, 33.4% National
- Depression/Sadness: 29.8% State, 32.0% National
- Isolation/Loneliness: 19.5% State, 17.0% National
- Suicide: 18.0% State, 17.9% National
- Self-harm: 14.0% State, 13.3% National
- Eating/Body image: 4.0% State, 3.3% National
- Grief: 3.6% State, 3.3% National
- Substance use: 2.8% State, 3.1% National
- Sexual abuse: 2.2% State, 2.4% National
- Emotional abuse: 2.2% State, 2.0% National
- Bullying: 2.5% State, 3.3% National
- Abuse ( unspecified): 1.5% State, 1.6% National
- Gender/Sexual identity: 1.1% State, 1.0% National
- Physical abuse: 0.8% State, 1.5% National

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

Sexual Orientation
- LGBTQ+: 58.3% State, 58.3% National
- Straight or Heterosexual: 41.7% State, 41.7% National

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

Gender
- Agender: 1.2% State, 1.2% National
- Boy/Man: 15.0% State, 15.0% National
- Genderfluid: 4.1% State, 4.1% National
- Genderqueer: 2.3% State, 2.3% National
- Girl/Woman: 67.4% State, 67.4% National
- Non-binary: 7.3% State, 7.3% National
- Trans: 7.3% State, 7.3% National
- Write In: 3.5% State, 3.5% National

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.