23K Conversations
13K Texters
94 De-escalations
64 Emergency Service Interventions
58% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

2023 Mental Health Insights

Issues
- Anxiety/Stress: 38.1% State, 34.7% National
- Relationships: 34.6% State, 33.4% National
- Depression/Sadness: 29.1% State, 29.8% National
- Isolation/Loneliness: 17.0% State, 17.0% National
- Suicide: 14.8% State, 17.9% National
- Self-harm: 11.1% State, 13.3% National
- Eating/Body image: 3.5% State, 3.3% National
- Grief: 3.2% State, 3.0% National
- Bullying: 3.1% State, 3.3% National
- Emotional abuse: 2.9% State, 3.0% National
- Substance use: 2.8% State, 2.8% National
- Sexual abuse: 1.9% State, 2.4% National
- Physical abuse: 1.3% State, 1.5% National
- Abuse (unspecified): 1.3% State, 1.6% National
- Gender/Sexual identity: 0.7% State, 1.0% National

Race/Ethnicity
- Asian: 9.4% State, 16.4% National
- Black/African American: 16.4% State, 24.8% National
- Hispanic/Latino: 24.8% State, 17.0% National
- Middle Eastern/North African/Arab: 2.3% State, 17.9% National
- Native American / Native Alaskan / Indigenous: 2.0% State, 13.3% National
- Native Hawaiian / Pacific Islander: 0.6% State, 3.3% National
- White: 55.3% State, 34.7% National

Age
- 13 or younger: 13.0% State, 27.5% National
- 14-17: 27.5% State, 25.9% National
- 18-24: 18.8% State, 18.8% National
- 25-34: 6.9% State, 6.9% National
- 35-44: 18.8% State, 18.8% National
- 45-54: 4.5% State, 4.5% National
- 55-64: 2.5% State, 2.5% National
- 65+: 0.9% State, 0.9% National

Gender
- Agender: 1.4% State, 1.4% National
- Boy/Man: 16.0% State, 16.0% National
- Genderfluid: 2.0% State, 2.0% National
- Genderqueer: 1.6% State, 1.6% National
- Girl/Woman: 72.6% State, 72.6% National
- Intersex: 0.0% State, 0.0% National
- Non-binary: 4.8% State, 4.8% National
- Trans: 4.8% State, 4.8% National
- Two Spirit: 0.1% State, 0.1% National
- Write In: 2.3% State, 2.3% National

Sexual Orientation
- LGBTQ+: 48.9% State, 48.9% National
- Straight or Heterosexual: 51.1% State, 51.1% 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 100% because texters might identify with multiple identities.