5K Conversations
3K Texters
19 De-escalations
21 Emergency Service Interventions
65% Shared something for first time
83% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Relationships: State 34.9%, National 33.4%
- Anxiety/Stress: State 34.6%, National 34.7%
- Depression/Sadness: State 30.6%, National 29.8%
- Isolation/Loneliness: State 17.9%, National 17.0%
- Suicde: State 17.1%, National 17.9%
- Self-harm: State 13.3%, National 13.3%
- Grief: State 4.0%, National 3.0%
- Substance use: State 3.6%, National 2.8%
- Bullying: State 3.1%, National 3.3%
- Eating/Body image: State 2.7%, National 3.3%
- Sexual abuse: State 2.3%, National 2.4%
- Emotional abuse: State 2.3%, National 3.0%
- Abuse (unspeicied): State 1.5%, National 1.6%
- Physical abuse: State 1.1%, National 1.5%
- Gender/Sexual identity: State 1.0%, National 1.0%

Race/Ethnicity
- Asian: State 3.6%
- Black/African American: State 4.3%
- Hispanic/Latinx: State 51.3%
- Middle Eastern/North African/Arab: State 1.0%
- Native American/Native Alaskan/Indigenous: State 15.1%
- Native Hawaiian/Pacific Islander: State 0.8%
- White: State 44.6%

Age
- 13 or younger: State 18.6%
- 14-17: State 28.6%
- 18-24: State 19.3%
- 25-34: State 16.0%
- 35-44: State 9.3%
- 45-54: State 3.6%
- 55-64: State 3.3%
- 65+: State 1.4%

Gender
- Agender: State 0.5%
- Boy/Man: State 16.4%
- Genderfluid: State 5.0%
- Genderqueer: State 1.2%
- Girl/Woman: State 71.2%
- Non-binary: State 4.0%
- Trans: State 4.5%
- Two Spirit: State 0.2%
- Write In: State 3.0%

Sexual Orientation
- LGBTQ+: State 55.0%
- Straight or Heterosexual: State 45.0%

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.