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: 34.9%
- Anxiety/Stress: 34.6%
- Depression/Sadness: 30.6%
- Isolation/Loneliness: 17.9%
- Suicide: 17.0%
- Self-harm: 17.1%
- Grief: 4.0%
- Substance use: 3.6%
- Bullying: 2.8%
- Eating/Body image: 2.7%
- Sexual abuse: 2.3%
- Emotional abuse: 2.3%
- Abuse (unspecified): 1.5%
- Physical abuse: 1.1%
- Gender/Sexual identity: 1.0%

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

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

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

Sexual Orientation
- LGBTQ+: 55.0%
- Straight or Heterosexual: 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 a 100% because texters might identify with multiple identities.