54K Conversations
31K Texters
278 De-escalations
205 Emergency Service Interventions
58% Shared something for first time
84% Found the conversation helpful
64% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 36.8% (State 34.7%, National 33.7%)
- Relationships: 33.4% (State 33.7%, National 33.4%)
- Depression/Sadness: 29.6% (State 29.8%, National 29.6%)
- Isolation/Loneliness: 16.6% (State 15.9%, National 17.0%)
- Suicide: 15.5% (State 17.0%, National 15.5%)
- Self-harm: 10.9% (State 13.3%, National 10.9%)
- Eating/Body image: 10.9% (State 13.3%, National 10.9%)
- Grief: 5.5% (State 3.3%, National 5.5%)
- Bullying: 2.8% (State 3.3%, National 2.8%)
- Emotional abuse: 2.8% (State 3.0%, National 2.8%)
- Substance use: 2.8% (State 2.8%, National 2.8%)
- Sexual abuse: 2.0% (State 2.4%, National 2.0%)
- Abuse (unspecified): 1.5% (State 1.6%, National 1.5%)
- Physical abuse: 1.3% (State 1.5%, National 1.3%)
- Gender/Sexual identity: 1.0% (State 1.0%, National 1.0%)

Race/Ethnicity
- Asian: 8.8% (State 8.5%, National 9.1%)
- Black/African American: 17.0% (State 17.1%, National 16.4%)
- Hispanic/Latinx: 20.5% (State 20.5%, National 20.5%)
- Middle Eastern/North African/Arab: 1.9% (State 1.9%, National 1.9%)
- Native American/Native Alaskan/Indigenous: 2.7% (State 3.0%, National 2.7%)
- Native Hawaiian/Pacific Islander: 0.5% (State 0.5%, National 0.5%)
- White: 58.3% (State 58.3%, National 58.3%)

Age
- 13 or younger: 13.2% (State 13.2%, National 13.2%)
- 14-17: 26.5% (State 25.5%, National 27.5%)
- 18-24: 25.5% (State 25.5%, National 25.5%)
- 25-34: 16.6% (State 16.6%, National 16.6%)
- 35-44: 9.1% (State 9.1%, National 9.1%)
- 45-54: 5.4% (State 5.4%, National 5.4%)
- 55-64: 2.8% (State 2.8%, National 2.8%)
- 65+: 1.0% (State 1.0%, National 1.0%)

Gender
- Boy/Man: 17.1% (State 17.1%, National 17.1%)
- Girl/Woman: 70.1% (State 70.1%, National 70.1%)
- Genderfluid: 3.3% (State 3.3%, National 3.3%)
- Genderqueer: 1.8% (State 1.8%, National 1.8%)
- Intersex: 0.1% (State 0.1%, National 0.1%)
- Non-binary: 5.5% (State 5.5%, National 5.5%)
- Trans: 5.1% (State 5.1%, National 5.1%)
- Two Spirit: 0.4% (State 0.4%, National 0.4%)
- Write In: 2.8% (State 2.8%, National 2.8%)

Sexual Orientation
- LGBTQ+: 50.0% (State 50.0%, National 50.0%)
- Straight or Heterosexual: 50.0% (State 50.0%, National 50.0%)

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.