CRISIS TEXT LINE | North Carolina

2023 Mental Health Insights

21K
Conversations

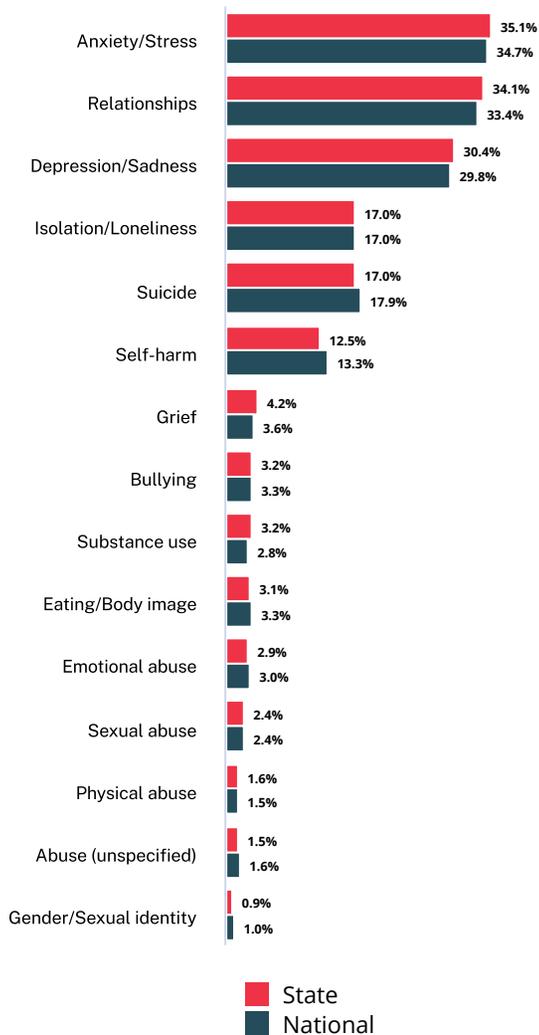**13K**
Texters

143
De-escalations

99
Emergency Service Interventions
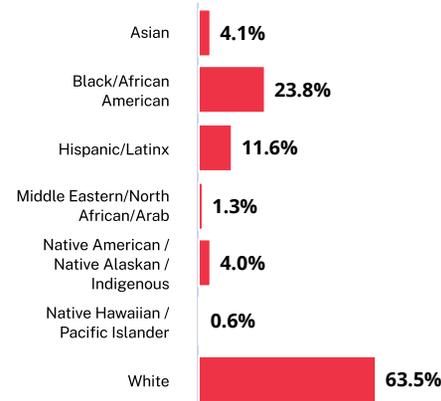
62%
Shared something for first time

88%
Found the conversation helpful

63%
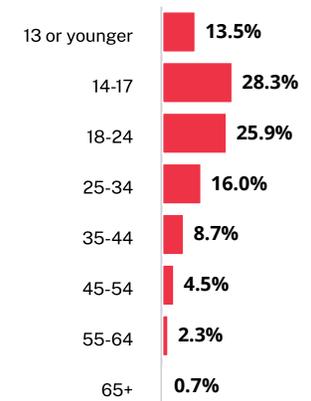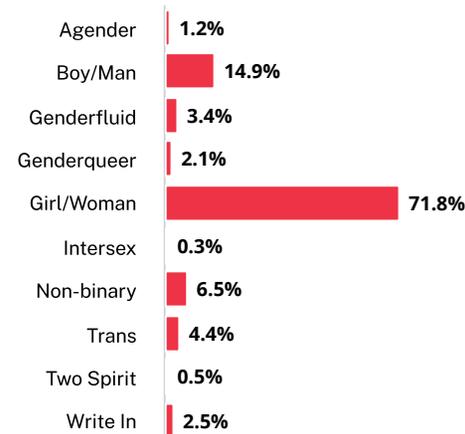Reached out because they had no one else to talk to

Issues

Issue	State	National
Anxiety/Stress	35.1%	34.7%
Relationships	34.1%	33.4%
Depression/Sadness	30.4%	29.8%
Isolation/Loneliness	17.0%	17.0%
Suicide	17.0%	17.9%
Self-harm	12.5%	13.3%
Grief	4.2%	3.6%
Bullying	3.2%	3.3%
Substance use	3.2%	2.8%
Eating/Body image	3.1%	3.3%
Emotional abuse	2.9%	3.0%
Sexual abuse	2.4%	2.4%
Physical abuse	1.6%	1.5%
Abuse (unspecified)	1.5%	1.6%
Gender/Sexual identity	0.9%	1.0%

■ State
■ National

Race/Ethnicity

Asian	4.1%
Black/African American	23.8%
Hispanic/Latinx	11.6%
Middle Eastern/North African/Arab	1.3%
Native American / Native Alaskan / Indigenous	4.0%
Native Hawaiian / Pacific Islander	0.6%
White	63.5%

Age

13 or younger	13.5%
14-17	28.3%
18-24	25.9%
25-34	16.0%
35-44	8.7%
45-54	4.5%
55-64	2.3%
65+	0.7%

Gender

Agender	1.2%
Boy/Man	14.9%
Genderfluid	3.4%
Genderqueer	2.1%
Girl/Woman	71.8%
Intersex	0.3%
Non-binary	6.5%
Trans	4.4%
Two Spirit	0.5%
Write In	2.5%

Sexual Orientation

LGBTQ+	50.3%
Straight or Heterosexual	49.7%

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