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

Variety of issues:
- Anxiety/Stress: 35.1%
- Relationships: 34.7%
- Depression/Sadness: 34.1%
- Isolation/Loneliness: 30.4%
- Suicide: 29.8%
- Self-harm: 17.0%
- Grief: 13.5%
- Bullying: 13.3%
- Substance use: 13.2%
- Eating/Body image: 12.5%
- Emotional abuse: 12.2%
- Sexual abuse: 12.2%
- Physical abuse: 12.2%
- Abuse (unspecified): 12.2%
- Gender/Sexual identity: 12.2%

Race/Ethnicity:
- Asian: 4.1%
- Black/African American: 23.8%
- Hispanic/Latino: 11.6%
- Middle Eastern/North African/Arab: 11.6%
- 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%

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.