39K Conversations
23K Texters
289 De-escalations
251 Emergency Service Interventions
60% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.4%
- Relationships: 33.4%
- Depression/Sadness: 30.9%
- Suicide: 18.5%
- Isolation/Loneliness: 17.2%
- Self-harm: 13.0%
- Grief: 4.3%
- Eating/Body image: 3.5%
- Bullying: 3.2%
- Substance use: 3.0%
- Emotional abuse: 2.8%
- Sexual abuse: 2.1%
- Abuse (unspecified): 1.4%
- Physical abuse: 1.3%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- White: 80.0%
- Black/African American: 13.4%
- Hispanic/Latino: 5.9%
- Middle Eastern/North African/Arab: 1.2%
- Native American / Native Alaskan / Indigenous: 3.1%
- Native Hawaiian / Pacific Islander: 0.4%
- Asian: 3.7%

Age
- 13 or younger: 13.8%
- 14-17: 29.6%
- 18-24: 23.9%
- 25-34: 15.0%
- 35-44: 9.7%
- 45-54: 4.5%
- 55-64: 2.7%
- 65+: 0.8%

Gender
- Boy/Man: 17.2%
- Girl/Woman: 67.9%
- Trans: 6.4%
- Non-binary: 6.8%
- Genderfluid: 4.0%
- Intersex: 0.2%
- Agender: 1.3%
- Two Spirit: 0.4%
- Genderqueer: 1.9%

Sexual Orientation
- LGBTQ+: 52.9%
- Straight or Heterosexual: 47.1%

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.