**Ohio 2023 Mental Health Insights**

- **39K Conversations**
- **23K Texters**
- **289 De-escalations**
- **251 Emergency Service Interventions**

**Issues**
- Anxiety/Stress
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Grief
- Eating/Body image
- Bullying
- Substance use
- Emotional abuse
- Sexual abuse
- Abuse (unspecified)
- Physical abuse
- Gender/Sexual identity

**Race/Ethnicity**
- Asian
- Black/African American
- Hispanic/Latina
- Middle Eastern/North African/Arab
- Native American/Native Alaskan/Indigenous
- Native Hawaiian/Pacific Islander
- White

**Gender**
- Agender
- Boy/Man
- Genderfluid
- Genderqueer
- Girl/Woman
- Intersex
- Non-binary
- Trans
- Two Spirit
- Write In

**Age**
- 13 or younger
- 14-17
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

**Sexual Orientation**
- Straight or Heterosexual
- LGBTQ+

**Shared something for first time**: 60%
**Found the conversation helpful**: 86%
**Reached out because they had no one else to talk to**: 63%

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.