9K Conversations
6K Texters
37 De-escalations
52 Emergency Service Interventions
61% Shared something for first time
84% Found the conversation helpful
62% Reached out because they had no one else to talk to

Issues
- Relationships: 35.0% State, 33.4% National
- Anxiety/Stress: 34.1% State, 34.7% National
- Depression/Sadness: 29.7% State, 29.8% National
- Isolation/Loneliness: 17.3% State, 17.0% National
- Suicide: 17.3% State, 17.9% National
- Self-harm: 13.9% State, 13.3% National
- Grief: 4.8% State, 3.0% National
- Emotional abuse: 3.6% State, 3.0% National
- Substance use: 3.6% State, 2.8% National
- Eating/Body image: 3.4% State, 3.3% National
- Bullying: 3.0% State, 3.0% National
- Sexual abuse: 2.8% State, 2.4% National
- Abuse (unspecified): 2.0% State, 1.6% National
- Physical abuse: 1.8% State, 1.5% National
- Gender/Sexual identity: 0.8% State, 1.0% National

Race/Ethnicity
- Asian: 4.2% State
- Black/African American: 11.7% State
- Hispanic/Latino: 14.7% State
- Middle Eastern/North African/Arab: 1.6% State
- Native American/Native Alaskan/Indigenous: 18.2% State
- Native Hawaiian/Pacific Islander: 0.9% State
- White: 70.1% State

Age
- 13 or younger: 14.0% State
- 14-17: 29.1% State
- 18-24: 21.5% State
- 25-34: 16.0% State
- 35-44: 10.3% State
- 45-54: 5.6% State
- 55-64: 2.4% State
- 65+: 1.2% State

Gender
- Agender: 0.7% State
- Boy/Man: 17.0% State
- Genderfluid: 3.1% State
- Genderqueer: 1.6% State
- Girl/Woman: 67.5% State
- Intersex: 0.2% State
- Non-binary: 7.5% State
- Trans: 6.4% State
- Two Spirit: 0.7% State
- Write In: 3.7% State

Sexual Orientation
- LGBTQ+: 49.3% State
- Straight or Heterosexual: 50.7% State

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.