11K Conversations
7K Texters
109 De-escalations
108 Emergency Service Interventions

56% Shared something for first time
82% Found the conversation helpful
66% Reached out because they had no one else to talk to

Race/Ethnicity
- Asian 6.3%
- Black/African American 5.3%
- Hispanic/Latina 12.9%
- Middle Eastern/North African/Arab 1.7%
- Native American/Native Alaskan/Indigenous 6.5%
- Native Hawaiian/Pacific Islander 1.6%
- White 79.2%

Gender
- Agender 2.2%
- Boy/Man 18.9%
- Genderfluid 4.5%
- Genderqueer 4.0%
- Girl/Woman 61.6%
- Intersex 0.4%
- Non-binary 9.2%
- Trans 8.3%
- Two Spirit 0.7%
- Write In 3.9%

Sexual Orientation
- LGBTQ+ 57.6%
- Straight or Heterosexual 42.4%

Issues
- Anxiety/Stress 34.2%
- Relationships 31.2%
- Depression/Sadness 30.7%
- Suicide 21.9%
- Isolation/Loneliness 16.7%
- Self-harm 14.5%
- Substance use 3.6%
- Grief 3.3%
- Eating/Body image 3.0%
- Emotional abuse 2.9%
- Bullying 2.7%
- Sexual abuse 2.5%
- Abuse (unspecified) 1.9%
- Physical abuse 1.5%
- Gender/Sexual identity 1.1%

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 a 100% because texters might identify with multiple identities.