34K Conversations
20K Texters
227 De-escalations
204 Emergency Service Interventions
55% Shared something for first time
85% Found the conversation helpful
62% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 37.1%
- Relationships: 34.7%
- Depression/Sadness: 34.1%
- Suicide: 17.5%
- Isolation/Loneliness: 17.3%
- Self-harm: 12.7%
- Grief: 3.5%
- Eating/Body image: 3.1%
- Emotional abuse: 3.0%
- Bullying: 2.9%
- Substance use: 2.9%
- Sexual abuse: 2.0%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.3%
- Gender/Sexual identity: 0.8%

Race/Ethnicity:
- Asian: 4.5%
- Black/African American: 14.2%
- Hispanic/Latinx: 9.4%
- Middle Eastern/North African/Arab: 1.3%
- Native American/Alaskan/Indigenous: 2.3%
- Native Hawaiian/Pacific Islander: 0.5%
- White: 75.3%

Age:
- 13 or younger: 13.1%
- 14-17: 26.7%
- 18-24: 25.7%
- 25-34: 16.2%
- 35-44: 9.1%
- 45-54: 5.7%
- 55-64: 2.7%
- 65+: 0.9%

Gender:
- Agender: 1.4%
- Boy/Man: 16.6%
- Genderfluid: 3.0%
- Genderqueer: 1.8%
- Girl/Woman: 70.8%
- Intersex: 0.1%
- Non-binary: 6.1%
- Trans: 5.3%
- Two Spirit: 0.2%
- Write In: 2.1%

Sexual Orientation:
- LGBTQ+: 49.2%
- Straight or Heterosexual: 50.8%

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.