3K Conversations
2K Texters
9 De-escalations
6 Emergency Service Interventions
57% Shared something for first time
84% Found the conversation helpful
76% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 38.3%
- Depression/Sadness: 29.8%
- Isolation/Loneliness: 17.0%
- Suicide: 15.4%
- Self-harm: 9.9%
- Eating/Body image: 10.0%
- Substance use: 2.7%
- Bullying: 3.3%
- Emotional abuse: 2.6%
- Grief: 2.6%
- Abuse (unspecified): 2.0%
- Physical abuse: 1.3%
- Sexual abuse: 1.2%
- Gender/Sexual identity: 0.9%

Race/Ethnicity:
- Asian: 3.7%
- Black/African American: 10.1%
- Hispanic/Latino: 19.7%
- Middle Eastern/North African/Arab: 0.9%
- Native American/Alaskan/Indigenous: 3.2%
- Native Hawaiian/Pacific Islander: 0.5%
- White: 68.8%

Age:
- 13 or younger: 18.1%
- 14-17: 21.4%
- 18-24: 20.6%
- 25-34: 19.3%
- 35-44: 9.1%
- 45-54: 9.1%
- 55-64: 1.6%
- 65+: 0.8%

Gender:
- Agender: 1.3%
- Boy/Man: 19.0%
- Genderfluid: 1.7%
- Genderqueer: 1.3%
- Girl/Woman: 71.6%
- Intersex: 0.9%
- Non-binary: 6.0%
- Trans: 5.6%
- Two Spirit: 0.9%
- Write In: 2.2%

Sexual Orientation:
- LGBTQ+: 45.9%
- Straight or Heterosexual: 54.1%

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.