2023 Mental Health Insights

10K Conversations
7K Texters
63 De-escalations
45 Emergency Service Interventions
65% Shared something for first time
87% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Relationships: 34.9%
- Anxiety/Stress: 33.8%
- Depression/Sadness: 34.7%
- Isolation/Loneliness: 18.4%
- Suicide: 17.0%
- Self-harm: 17.9%
- Grief: 13.3%
- Bullying: 13.3%
- Eating/Body image: 12.4%
- Substance use: 12.4%
- Emotional abuse: 12.4%
- Sexual abuse: 12.4%
- Physical abuse: 12.4%
- Abuse (unspecified): 12.4%
- Gender/Sexual identity: 12.4%

Race/Ethnicity
- Asian: 3.8%
- Black/African American: 27.2%
- Hispanic/Latino: 10.0%
- Middle Eastern/North African/Arab: 0.4%
- Native American / Native Alaskan / Indigenous: 2.9%
- Native Hawaiian / Pacific Islander: 0.4%
- White: 62.8%

Age
- 13 or younger: 16.2%
- 14-17: 29.9%
- 18-24: 23.3%
- 25-34: 15.5%
- 35-44: 8.2%
- 45-54: 3.6%
- 55-64: 2.2%
- 65+: 1.1%

Gender
- Agender: 0.8%
- Boy/Man: 14.1%
- Genderfluid: 3.8%
- Genderqueer: 1.6%
- Girl/Woman: 72.7%
- Non-binary: 5.2%
- Trans: 4.7%
- Two Spirit: 0.3%
- Write In: 3.6%

Sexual Orientation
- LGBTQ+: 52.0%
- Straight or Heterosexual: 48.0%

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.