**10K Conversations**

- Relationships: 34.9%
- Anxiety/Stress: 33.4%
- Depression/Sadness: 34.7%
- Isolation/Loneliness: 18.4%
- Suicide: 17.0%
- Self-harm: 17.9%
- Grief: 4.2%
- Bullying: 3.3%
- Eating/Body image: 3.4%
- Substance use: 3.3%
- Emotional abuse: 3.0%
- Sexual abuse: 2.6%
- Physical abuse: 1.5%
- Abuse (unspecified): 1.4%
- Gender/Sexual identity: 1.2%

**7K Texters**

- 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%

**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**

**Race/Ethnicity**

- Women: 52.0%
- Men: 48.0%

**Sexual Orientation**

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