17K Conversations
10K Texters
151 De-escalations
77 Emergency Service Interventions

60% Shared something for first time
86% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues:
- Anxiety/Stress: 34.8%
- Depression/Sadness: 31.2%
- Suicide: 18.9%
- Isolation/Loneliness: 13.8%
- Self-harm: 13.3%
- Grief: 3.8%
- Bullying: 3.3%
- Eating/Body image: 3.3%
- Substance use: 3.1%
- Emotional abuse: 3.1%
- Sexual abuse: 2.3%
- Physical abuse: 1.6%
- Abuse (unspecified): 1.5%
- Gender/Sexual identity: 1.2%

Race/Ethnicity:
- Asian: 4.5%
- Black/African American: 17.4%
- Hispanic/Latina/o: 7.8%
- Middle Eastern/North African/Arab: 1.3%
- Native American/Native Alaskan/Indigenous: 4.4%
- Native Hawaiian/Pacific Islander: 0.8%
- White: 74.4%

Age:
- 13 or younger: 13.9%
- 14-17: 30.6%
- 18-24: 23.3%
- 25-34: 15.5%
- 35-44: 8.1%
- 45-54: 5.6%
- 55-64: 2.4%
- 65+: 0.6%

Gender:
- Agender: 1.3%
- Boy/Man: 16.4%
- Genderfluid: 3.2%
- Genderqueer: 2.0%
- Girl/Woman: 69.5%
- Intersex: 0.1%
- Non-binary: 6.4%
- Trans: 6.1%
- Two Spirit: 0.6%
- Write In: 2.7%

Sexual Orientation:
- LGBTQ+: 50.1%
- Straight or Heterosexual: 49.9%

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.