8K Conversations
5K Texters
86 De-escalations
37 Emergency Service Interventions
60% Shared something for first time
84% Found the conversation helpful
62% Reached out because they had no one else to talk to

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62% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 35.0%
- Relationships: 32.5%
- Depression/Sadness: 32.0%
- Suicide: 17.9%
- Isolation/Loneliness: 17.7%
- Self-harm: 14.2%
- Grief: 3.5%
- Eating/Body image: 3.3%
- Substance use: 2.7%
- Emotional abuse: 2.5%
- Sexual abuse: 2.3%
- Bullying: 2.2%
- Abuse (unspecified): 1.3%
- Physical abuse: 1.3%
- Gender/Sexual identity: 0.9%

Issues
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 21.8%
- Isolation/Loneliness: 17.0%
- Self-harm: 14.2%
- Grief: 3.6%
- Eating/Body image: 3.3%
- Substance use: 2.8%
- Emotional abuse: 3.0%
- Sexual abuse: 2.4%
- Bullying: 3.3%
- Abuse (unspecified): 1.6%
- Physical abuse: 1.5%
- Gender/Sexual identity: 1.0%

Race/Ethnicity
- Asian: 3.2%
- Black/African American: 3.3%
- Hispanic/Latino: 11.2%
- Middle Eastern/North African/Arab: 0.5%
- Native American/Native Alaskan/Indigenous: 1.7%
- Native Hawaiian/Pacific Islander: 1.6%
- White: 84.6%

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- White: 84.6%

Age
- 13 or younger: 8.7%
- 14-17: 23.9%
- 18-24: 30.1%
- 25-34: 20.0%
- 35-44: 9.9%
- 45-54: 4.2%
- 55-64: 3.0%
- 65+: 0.3%

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- 25-34: 20.0%
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- 45-54: 4.2%
- 55-64: 3.0%
- 65+: 0.3%

Gender
- Agender: 1.4%
- Boy/Man: 17.0%
- Genderfluid: 2.9%
- Genderqueer: 2.5%
- Girl/Woman: 70.5%
- Intersex: 0.1%
- Non-binary: 5.8%
- Trans: 6.1%
- Two Spirit: 0.2%
- Write In: 3.0%

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Sexual Orientation
- LGBTQ+: 50.5%
- Straight or Heterosexual: 49.5%

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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.