2K Conversations
1K Texters
38 De-escalations
70 Emergency Service Interventions
50% Shared something for first time
85% Found the conversation helpful
61% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: State 33.7%, National 34.7%
- Depression/Sadness: State 31.4%, National 29.8%
- Relationships: State 28.6%, National 33.4%
- Suicide: State 22.7%, National 17.9%
- Isolation/Loneliness: State 16.2%, National 17.0%
- Self-harm: State 14.8%, National 13.3%
- Grief: State 4.5%, National 3.0%
- Substance use: State 3.4%, National 2.8%
- Sexual abuse: State 2.8%, National 2.4%
- Bullying: State 2.7%, National 3.3%
- Emotional abuse: State 2.3%, National 3.0%
- Eating/Body image: State 2.1%, National 3.3%
- Gender/Sexual identity: State 1.7%, National 1.0%
- Abuse (unspecified): State 1.5%, National 1.6%
- Physical abuse: State 1.1%, National 1.5%

Race/Ethnicity
- Asian: 2.7%
- Black/African American: 2.7%
- Hispanic/Latinx: 4.0%
- Middle Eastern/North African/Arab: 0.9%
- Native American / Native Alaskan / Indigenous: 5.4%
- White: 91.0%

Age
- 13 or younger: 8.0%
- 14-17: 24.8%
- 18-24: 26.1%
- 25-34: 15.5%
- 35-44: 10.5%
- 45-54: 8.8%
- 55-64: 4.2%
- 65+: 2.1%

Gender
- Agender: 2.2%
- Boy/Man: 15.9%
- Genderfluid: 1.8%
- Genderqueer: 3.1%
- Girl/Woman: 64.3%
- Intersex: 0.9%
- Non-binary: 7.9%
- Trans: 7.0%
- Two Spirit: 0.9%
- Write In: 4.0%

Sexual Orientation
- LGBTQ+: 56.8%
- Straight or Heterosexual: 43.2%

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.