21K Conversations
12K Texters
171 De-escalations
157 Emergency Service Interventions
59% Shared something for first time
84% Found the conversation helpful
63% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress: 34.7%
- Relationships: 33.4%
- Depression/Sadness: 29.8%
- Suicide: 20.9%
- Isolation/Loneliness: 17.0%
- Self-harm: 13.3%
- Bullying: 3.3%
- Eating/Body image: 3.3%
- Grief: 3.6%
- Substance use: 3.0%
- Emotional abuse: 2.8%
- Sexual abuse: 2.4%
- Abuse (unspecified): 1.6%
- Gender/Sexual identity: 1.0%
- Physical abuse: 1.5%

Race/Ethnicity
- Asian: 11.3%
- Black/African American: 6.3%
- Hispanic/Latinx: 12.8%
- Middle Eastern/North African/Arab: 1.1%
- Native American / Native Alaskan / Indigenous: 6.0%
- Native Hawaiian / Pacific Islander: 1.9%
- White: 74.7%

Age
- 13 or younger: 12.8%
- 14-17: 27.5%
- 18-24: 24.9%
- 25-34: 16.4%
- 35-44: 9.0%
- 45-54: 6.0%
- 55-64: 2.6%
- 65+: 0.8%

Gender
- Agender: 2.2%
- Boy/Man: 16.9%
- Genderfluid: 4.5%
- Genderqueer: 3.1%
- Girl/Woman: 65.3%
- Intersex: 0.2%
- Non-binary: 8.9%
- Trans: 7.4%
- Two Spirit: 0.7%
- Write In: 3.0%

Sexual Orientation
- LGBTQ+: 57.5%
- Straight or Heterosexual: 42.5%

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.