4K Conversations
3K Texters
43 De-escalations
20 Emergency Service Interventions
58% 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: 34.7%
- Relationships: 34.3%
- Depression/Sadness: 33.4%
- Isolation/Loneliness: 17.6%
- Suicide: 17.0%
- Self-harm: 17.4%
- Grief: 13.4%
- Bullying: 13.3%
- Eating/Body image: 4.9%
- Substance use: 3.0%
- Emotional abuse: 2.9%
- Sexual abuse: 2.5%
- Physical abuse: 2.4%
- Abuse (unspecified): 1.3%
- Gender/Sexual identity: 1.2%

Race/Ethnicity
- Asian: 3.0%
- Black/African American: 5.5%
- Hispanic/Latino: 3.7%
- Middle Eastern/North African/Arab: 0.7%
- Native American/Native Alaskan/Indigenous: 2.2%
- Native Hawaiian/Pacific Islander: 0.2%
- White: 90.1%
- State: 34.7%
- National: 34.7%

Age
- 13 or younger: 14.5%
- 14-17: 29.9%
- 18-24: 25.4%
- 25-34: 14.5%
- 35-44: 6.1%
- 45-54: 6.6%
- 55-64: 2.3%
- 65+: 0.7%

Gender
- Agender: 1.5%
- Boy/Man: 16.5%
- Genderfluid: 4.4%
- Genderqueer: 1.7%
- Girl/Woman: 68.7%
- Non-binary: 6.8%
- Trans: 7.0%
- Two Spirit: 0.5%
- Write In: 2.9%

Sexual Orientation
- LGBTQ+: 52.2%
- Straight or Heterosexual: 47.8%

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.