62% of conversations

63% of texters

58% Shared something for first time

86% Found the conversation helpful

64% Reached out because they had no one else to talk to

Issues

- Anxiety/Stress: 34.7%
- Relationships: 33.5%
- Depression/Sadness: 32.3%
- Suicide: 19.5%
- Isolation/Loneliness: 18.4%
- Self-harm: 13.3%
- Grief: 4.1%
- Eating/Body image: 3.6%
- Bullying: 3.9%
- Emotional abuse: 3.3%
- Substance use: 2.9%
- Sexual abuse: 3.3%
- Abuse (unspecified): 2.8%
- Gender/Sexual identity: 1.2%
- Physical abuse: 1.5%

Race/Ethnicity

- Asian: 2.7%
- Black/African American: 3.8%
- Hispanic/Latino: 6.7%
- Middle Eastern/North African/Arab: 0.9%
- Native American / Native Alaskan / Indigenous: 3.3%
- Native Hawaiian / Pacific Islander: 0.7%
- White: 100.0%

Age

- 13 or younger: 12.2%
- 14-17: 28.4%
- 18-24: 24.0%
- 25-34: 16.7%
- 35-44: 8.8%
- 45-54: 5.5%
- 55-64: 3.1%
- 65+: 1.2%

Gender

- Agender: 1.6%
- Boy/Man: 17.8%
- Genderfluid: 3.9%
- Genderqueer: 2.4%
- Girl/Woman: 67.0%
- Intersex: 0.2%
- Non-binary: 7.5%
- Trans: 7.1%
- Two Spirit: 0.4%
- Write In: 2.8%

Sexual Orientation

- LGBTQ+: 54.0%
- Straight or Heterosexual: 46.0%

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.