15K Conversations
9K Texters
142 De-escalations
115 Emergency Service Interventions
60% Shared something for first time
85% Found the conversation helpful
60% Reached out because they had no one else to talk to

Issues
- Anxiety/Stress
- Relationships
- Depression/Sadness
- Suicide
- Isolation/Loneliness
- Self-harm
- Eating/Body image
- Grief
- Substance use
- Bullying
- Emotional abuse
- Sexual abuse
- Abuse (unspecific)
- Physical abuse
- Gender/Sexual identity

Race/Ethnicity
- Asian: 4.3%
- Black/African American: 9.9%
- Hispanic/Latino: 9.8%
- Middle Eastern/African/Arab: 0.7%
- Native American/Native Alaskan/Indigenous: 3.7%
- Native Hawaiian/Pacific Islander: 0.4%
- White: 80.3%

Age
- 13 or younger: 15.9%
- 14-17: 31.7%
- 18-24: 20.4%
- 25-34: 15.1%
- 35-44: 9.0%
- 45-54: 4.0%
- 55-64: 3.0%
- 65+: 0.8%

Gender
- Agender: 1.7%
- Boy/Man: 14.7%
- Genderfluid: 3.8%
- Genderqueer: 2.3%
- Girl/Woman: 70.9%
- Intersex: 0.2%
- Non-binary: 6.9%
- Trans: 5.8%
- Two Spirit: 0.3%
- Write In: 2.3%

Sexual Orientation
- LGBTQ+: 53.5%
- Straight or Heterosexual: 46.5%

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.