Based on the prominence of certain words, and a brief qualitative review of anonymized conversations, these were some of the topics that texters mentioned related to these categories:

1. Family relationships

Conversations about family relationships often revolved around family arguments with parents, siblings, expectations, or a fear of telling family members how texters really felt.
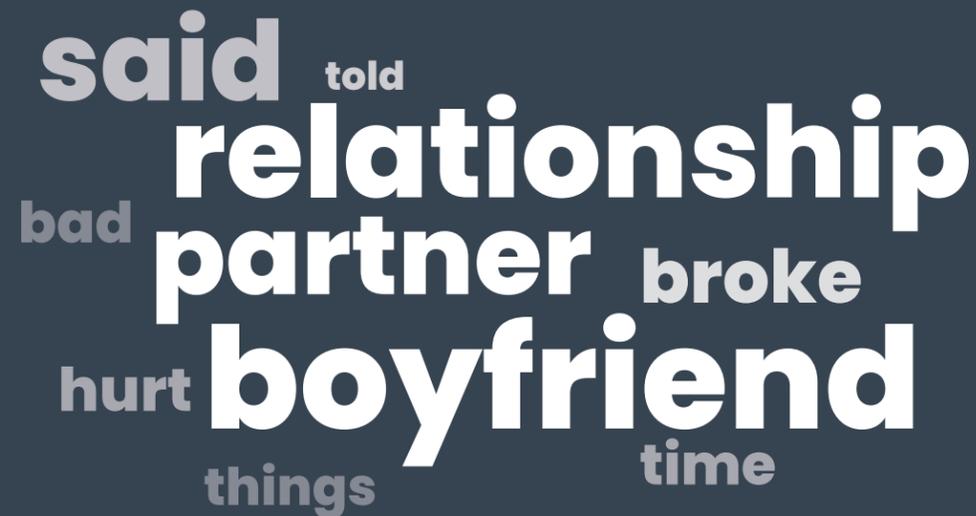
2. Romantic relationships

Texters often discussed arguments and fights, fear of losing their partner, and grieving over breakups.
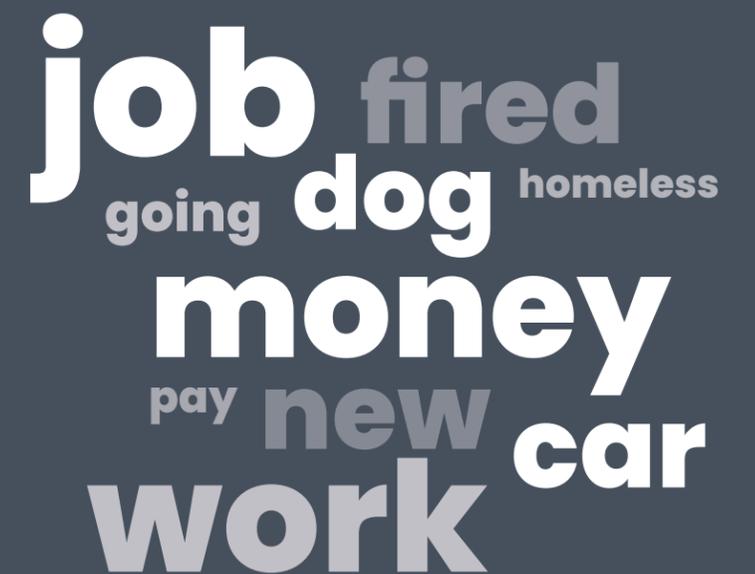
3. Financial/work stress

Conversations about financial and work stress were often related to fears of not being able to pay bills, fear of losing a job, or being unemployed. Some texters mentioned losing dogs to eviction, or struggles to pay for dog care like grooming or vet bills.

got mad family
said **dad** told sister
parents **mom**
brother

said told
relationship
bad **partner** broke
hurt **boyfriend**
things time

job fired
going **dog** homeless
money
pay new car
work

4. School/college

These conversations about school and college often touched on anxiety over coursework or grades, or fear of losing scholarships or pressure experienced over student loans.

5. Friendship stress

Conversations about friendship stress spanned a wide range, from concerns about losing friends to a conflict, to friends talking behind each others' back, bullying, or being ignored.

6. Adult family stress

Conversations about adult family stress revolved around conflict between spouses and family planning. For example: themes of infidelity, addiction, or divorce, or worries about being pregnant, unplanned pregnancies, making a decision about the pregnancy, financial stress, or the stress of trying to conceive.

7. Social media

Social media-related conversations about stress often involved the stress of actual or possible negative publicity associated with social media. Being asked for money or the fear of being scammed (or being victims of fraud) also came up.

classes year
school fail
class semester
grades
teacher college
stressed

friend time
relationship
girlfriend
daughter said
things
bad
told mad

divorce wife
daughter
son pregnant
kids baby
husband
marriage years

harassing photos
send Instagram
sent threatening
Facebook
account
pictures blocked