

Breaking Down the Numbers

**Based on the 2023 United in Empathy report*

Texters are most stressed about **interpersonal relationships**



65%

of our texters reached out because they had **no one else to talk to**

35%

of our texters discussed **anxiety** and/or **stress**

30%

of our texters discussed **depression** and/or **sadness**

18%

of our texters discussed **suicide**

17%

of our texters discussed **isolation** and/or **loneliness**

Texters find that talking to or texting with someone is a **favorite coping strategy**

