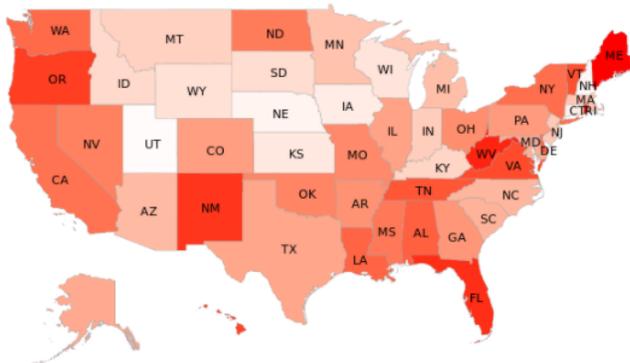


Get Help Today

Emotional Abuse

- ▶ Emotional abuse is one type of relationship abuse. It is often sneaky and hard to detect because there are often no physical signs. Even though it flies under the radar, it is very serious. Sometimes it is a precursor to physical abuse. Other times, it is relentless and ongoing. Over time, emotional abuse can be extremely damaging to your mental wellness.
- ▶ Sometimes known as psychological abuse, emotional abuse is consistent actions and behaviors intended to psychologically manipulate someone else. (Think making someone feel shame or guilt over and over and over again.)
- ▶ The bottom line: emotional abuse is hurtful. It can be detrimental to your identity, dignity, and self-worth, sometimes leading to anxiety, depression, and PTSD.

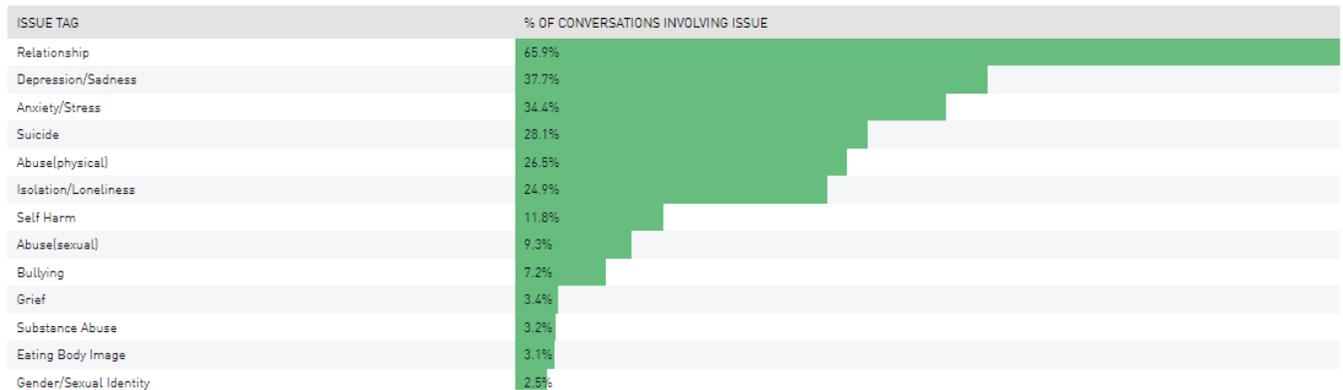
US states ranked by crises related to Abuse, Emotional.



US states ranked by crises related to Abuse, Emotional.

1-ME	18-ND	35-MN
2-RI	19-NV	36-MA
3-WV	20-OK	37-NJ
4-FL	21-MO	38-IN
5-NM	22-OH	39-MT
6-OR	23-AR	40-KY
7-HI	24-GA	41-ID
8-VA	25-PA	42-SD
9-VT	26-CO	43-WY
10-TN	27-IL	44-WI
11-DE	28-TX	45-KS
12-AL	29-AK	46-IA
13-LA	30-MD	47-CT
14-WA	31-SC	48-NE
15-NY	32-NC	49-NH
16-CA	33-AZ	50-UT
17-MS	34-MI	51-PR

Co-occurring issues. Texters in All States experiencing Abuse, Emotional also experience these issues in the same conversation.



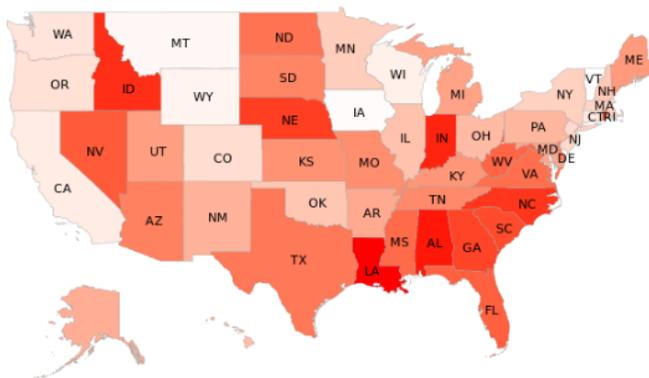
Get Help Today

Depression/ Sadness

Symptoms

- Depressed mood. All-day. Every day. For days.
- Unintentional, significant weight loss
- Not having any energy even after you have slept well
- Feeling worthless or guilty
- Having a hard time concentrating or making decisions
- Thoughts of death or ending your life

US states ranked by crises related to Depression/sadness.



US states ranked by crises related to Depression/sadness.

1-LA	18-DE	35-IL
2-AL	19-AZ	36-OK
3-IN	20-SD	37-NH
4-ID	21-TN	38-MN
5-NC	22-MO	39-NY
6-NE	23-KS	40-MA
7-GA	24-KY	41-NJ
8-SC	25-ME	42-CO
9-PR	26-UT	43-OR
10-RI	27-MI	44-WA
11-NV	28-MD	45-CT
12-FL	29-AR	46-CA
13-WV	30-AK	47-WI
14-MS	31-NM	48-WY
15-VA	32-PA	49-MT
16-ND	33-OH	50-IA
17-TX	34-HI	51-VT

Co-occurring issues. Texters in All States experiencing Depression/sadness also experience these issues in the same conversation.

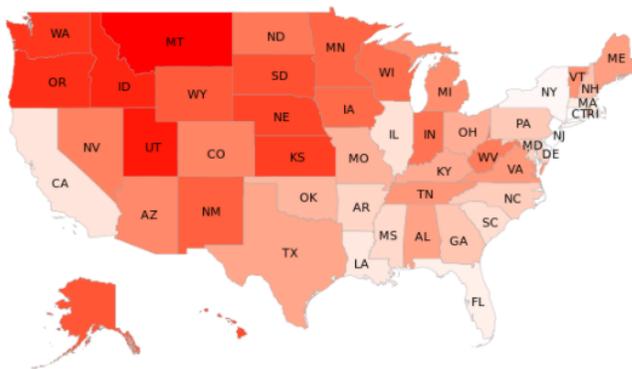
ISSUE TAG	% OF CONVERSATIONS INVOLVING ISSUE
Relationship	38.3%
Anxiety/Stress	32.7%
Suicide	32.6%
Isolation/Loneliness	25.3%
Self Harm	12.0%
Grief	4.7%
Abuse(emotional)	3.4%
Eating Body Image	3.0%
Substance Abuse	2.6%
Bullying	2.6%
Abuse(sexual)	2.4%
Abuse(physical)	1.9%
Gender/Sexual Identity	1.6%

Get Help Today

Suicide

- ▶ You are enough. You matter. Your life is worth fighting for.
- ▶ Suicide is a leading cause of death between the ages of ten and twenty-four. It is also preventable. In U.S. alone, we have the ability to save nearly 45,000 lives every year. Globally, that number is closer to 800,000.
- ▶ But, hold up. Before we get to saving the world, let us check-in. If you are feeling like ending your life, you can always ask for help managing your emotions. Asking for help is brave. You are brave. You are valuable. You are important. And, the world needs you.

US states ranked by crises related to Suicide.



US states ranked by crises related to Suicide.

1-MT	18-WV	35-NH
2-UT	19-NV	36-GA
3-ID	20-CO	37-PA
4-OR	21-AZ	38-NC
5-WA	22-MI	39-MD
6-KS	23-VT	40-AR
7-NE	24-TN	41-MS
8-HI	25-VA	42-SC
9-SD	26-ME	43-IL
10-AK	27-AL	44-CA
11-WY	28-TX	45-LA
12-NM	29-KY	46-MA
13-MN	30-OH	47-FL
14-IA	31-MO	48-DE
15-WI	32-OK	49-NY
16-IN	33-PR	50-CT
17-ND	34-RI	51-NJ

Co-occurring issues. Texters in All States experiencing Suicide also experience these issues in the same conversation.

ISSUE TAG	% OF CONVERSATIONS INVOLVING ISSUE
Depression/Sadness	44.4%
Relationship	35.4%
Anxiety/Stress	24.9%
Isolation/Loneliness	20.6%
Self Harm	15.2%
Grief	3.9%
Abuse(emotional)	3.5%
Bullying	3.3%
Abuse(sexual)	2.8%
Substance Abuse	2.8%
Eating Body Image	2.6%
Abuse(physical)	2.4%
Gender/Sexual Identity	2.1%

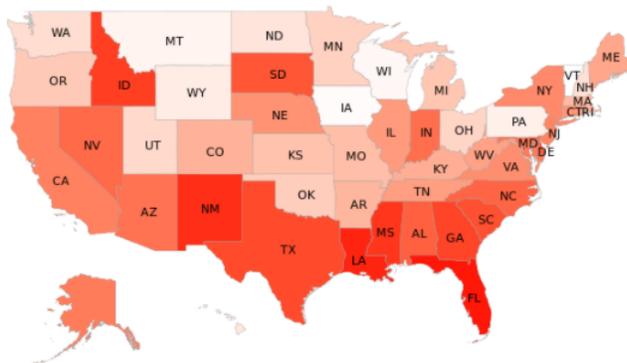
Get Help Today

Isolation/Loneliness

Coronavirus:

- ▶ There is no way around it: the world is really scary right now. Now that coronavirus is sweeping the globe as a pandemic, we are all afraid for the health of ourselves and our loved ones. People across the world are pinching pennies to make rent and support their families. Parents are forced to put their work (and potentially income) on hold to homeschool their kids... that is if their kid is even old enough for school. If not, then they suddenly need to provide 24/7 childcare while keeping up a job. And, everyone everywhere must stay away from social situations. It's scary. And isolating. And lonely. Yet, we have the tools at our fingertips to help each other. Even in isolation, we are still connected.
- ▶ Change is hard. This kind of rapid change is especially hard. In an effort to slow the spread of Coronavirus (COVID-19), schools have closed for the year and businesses have shuttered indefinitely. Health officials are imploring the public to stay home and cancel any in-person social interactions.
- ▶ Weddings? Proms? Coffee with friends? All canceled.
- ▶ A few things that are not canceled. Empathy. Kindness. Our faith in humanity.
- ▶ These mandatory closures in the interest of public health are causing massive disruptions in everyday life. And, while the first few days of isolation may feel like a welcome chance to lay low for a bit, here's the reality: the news is scary, we're in this for the long haul, and lack of human interaction can feel really freakin' lonely.

US states ranked by crises related to Isolation/loneliness.



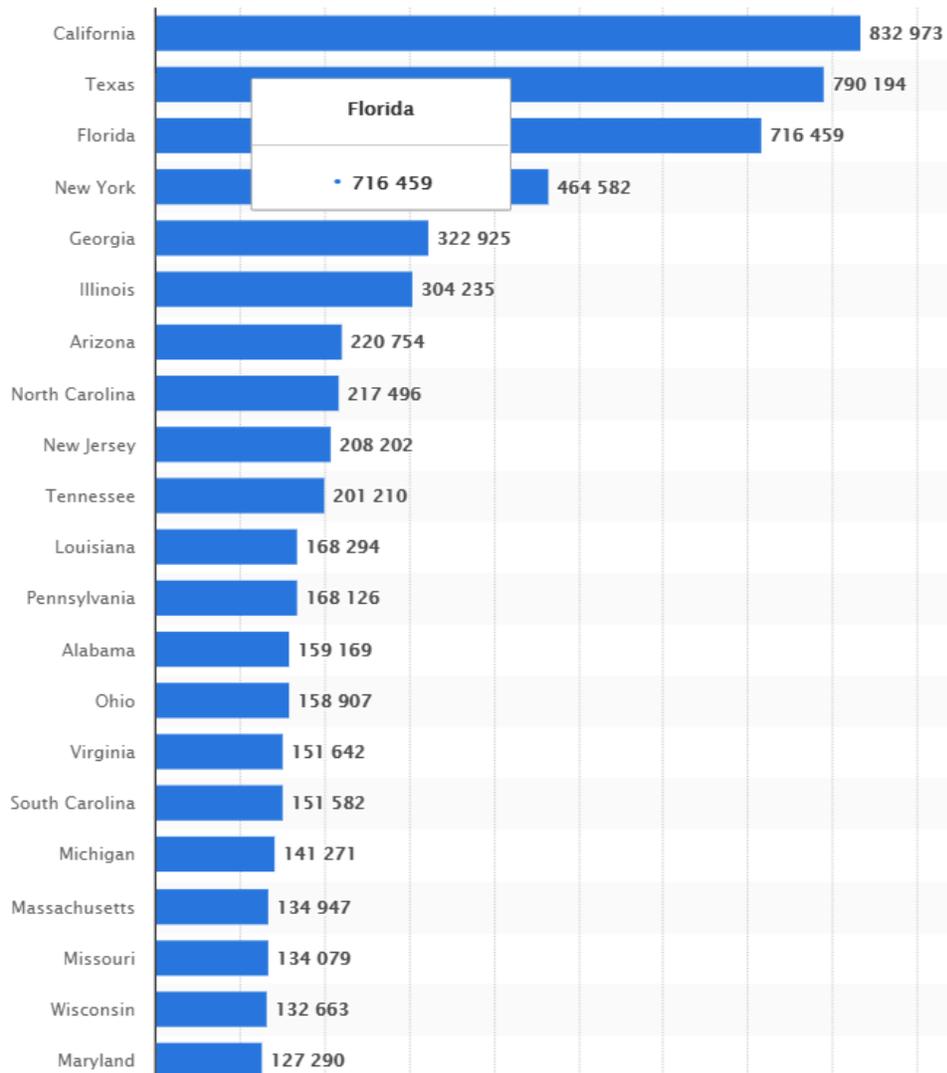
US states ranked by crises related to Isolation/loneliness.

1-PR	18-AK	35-KS
2-FL	19-CA	36-MI
3-LA	20-NJ	37-OR
4-NM	21-NY	38-OK
5-MS	22-VA	39-MN
6-ID	23-NE	40-OH
7-GA	24-CT	41-UT
8-TX	25-IL	42-WA
9-SC	26-TN	43-NH
10-SD	27-WV	44-ND
11-DE	28-ME	45-HI
12-AL	29-RI	46-WY
13-NC	30-KY	47-PA
14-NV	31-CO	48-MT
15-IN	32-AR	49-WI
16-AZ	33-MA	50-IA
17-MD	34-MO	51-VT

Co-occurring issues. Texters in All States experiencing Isolation/Loneliness also experience these issues in the same conversation.

ISSUE TAG	% OF CONVERSATIONS INVOLVING ISSUE
Depression/Sadness	52.3%
Relationship	50.1%
Anxiety/Stress	33.5%
Suicide	31.3%
Self Harm	11.5%
Grief	5.3%
Abuse(emotional)	4.5%
Bullying	3.6%
Eating Body Image	3.1%
Substance Abuse	2.8%
Abuse(sexual)	2.5%
Gender/Sexual Identity	2.2%
Abuse(physical)	2.1%

Total number of coronavirus (COVID-19) cases in the United States as of October 5, 2020, by state



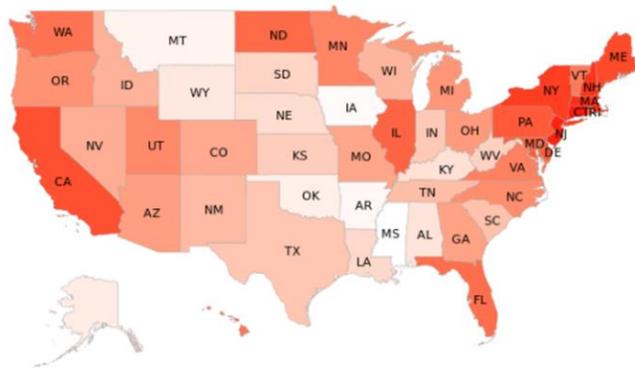
Get Help Today

Anxiety

People can feel anxious about a lot of things: the first day of school, a job interview, a first date. Anxiety is that pang of “what if” that makes your heart race and your palms sweaty. There is a difference between healthy anxiety and a paralyzing fear about the future.

If you are experiencing anxiety, know that you’re not alone. Anxiety disorders are among the most common mental health disorders in the U.S. They affect over 40 million adults every single year. Kids experience them too: over 25% of people between 13 and 18 live with anxiety today.

US states ranked by crises related to Anxiety/stress.



US states ranked by crises related to Anxiety/stress.

1-PR	18-VT	35-SC
2-CT	19-VA	36-TX
3-NJ	20-MN	37-IN
4-MA	21-UT	38-KS
5-NH	22-NC	39-WV
6-NY	23-OR	40-SD
7-DE	24-MI	41-LA
8-ME	25-OH	42-NE
9-CA	26-AZ	43-KY
10-RI	27-GA	44-AL
11-PA	28-MO	45-WY
12-MD	29-CO	46-AK
13-IL	30-NV	47-DK
14-ND	31-ID	48-MT
15-FL	32-WI	49-AR
16-WA	33-NM	50-IA
17-HI	34-TN	51-MS

Co-occurring issues. Texters in All States experiencing Anxiety/stress also experience these issues in the same conversation.

ISSUE TAG	% OF CONVERSATIONS INVOLVING ISSUE
Relationship	39.0%
Depression/Sadness	36.7%
Suicide	20.6%
Isolation/Loneliness	18.2%
Self Harm	9.9%
Abuse(emotional)	3.5%
Grief	3.0%
Eating Body Image	2.9%
Bullying	2.5%
Abuse(sexual)	2.3%
Substance Abuse	2.2%
Abuse(physical)	2.0%
Gender/Sexual Identity	1.6%

References

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