

Your Worth Isn't Your Stat Line

Whether you're chasing a scholarship, a stage, or a championship — what you produce is not what makes you valuable.

The spotlight, the scoreboard, the applause — none of it was ever meant to carry the full weight of who you are. The pressure to perform can hide real struggle behind a good outing or a great review. These resources understand the world you're in.

REACH OUT — FREE & CONFIDENTIAL

B-LINE (Backline)

Call 1-855-BLINE99 or text 254-639

A 24/7 crisis line built for musicians, artists, and the creative industry — counselors who know the pressures of the craft.

The Hidden Opponent

TheHiddenOpponent.org

A nonprofit dedicated to student-athlete mental health — education, stories, and resources built by and for athletes.

988 Suicide & Crisis Lifeline

Call or text 988

Free, confidential, 24/7 crisis support — for anyone, at any level of competition or craft.

Crisis Text Line

Text HOME to 741741

A trained counselor responds by text, free and confidential, any hour of the day.

You are part of a team, a troupe, an ensemble, a family — even when the spotlight makes it feel like you're carrying it alone.

“Friends. Choices. Consequences. And through it all — your life has value that no scoreboard or spotlight can measure.”

Know the Signs. Know How to Help.

For teammates, bandmates, coaches, and mentors — the people closest to the pressure, and often the first to notice.

RECOGNIZE

Know the Signs

- Talking about wanting to die, feeling hopeless, or being a burden to others
- Pulling away from friends, family, or things they used to enjoy
- A sudden sense of calm after a period of deep sadness
- Giving away belongings or putting affairs in order
- Increased use of alcohol or drugs, or major changes in sleep and eating
- Talking or acting like there's no way out, or saying goodbye

RESPOND

Five Ways to Help

- 1 ASK**
Ask directly: "Are you thinking about suicide?" Asking doesn't plant the idea — it opens the door.
- 2 KEEP THEM SAFE**
Ask if they have a plan or access to something they could use to hurt themselves, and help create distance from it.
- 3 BE THERE**
Listen without judgment. You don't need the right words — your presence is what matters most.
- 4 HELP THEM CONNECT**
Point them to a resource on this flyer, and offer to make the call or send the text together.
- 5 FOLLOW UP**
Check back in the days after. A simple "thinking of you" text reminds them they're not forgotten.



IN ANTHONY'S OWN WORDS

My own memoir, *Deadly Dilemma: Suicide, Faith, and the Search for Identity and Purpose*, was written for my own family before I understood how many other families needed the same conversation. If you're further along in your own search for hope, you can find it at anthonygurley.com.

988

Save this number in your phone right now — call or text, any hour, free and confidential.

NOTES

AGP ANTHONY GURLEY PUBLISHING
Friends. Choices. Consequences.

anthonygurley.com

This flyer lists publicly available resources for informational purposes and is not a substitute for professional care. **If you or someone you know is in immediate danger, call 911.**