

FOR EVERYONE

A MESSAGE FROM ANTHONY GURLEY

# You Are Not Alone

Free, confidential help is available right now — for you, or for someone you love.

Whatever you're carrying today, you don't have to carry it in silence. The people behind these resources are trained to listen without judgment, any hour of the day or night. Reaching out is not weakness — it's one of the strongest things a person can do.

## REACH OUT — FREE & CONFIDENTIAL

### 988 Suicide & Crisis Lifeline

#### **Call or text 988**

Free, confidential support 24/7 for anyone in emotional distress or suicidal crisis. Chat online at [988lifeline.org](https://988lifeline.org). Se habla español — marque la opción 2.

### Crisis Text Line

#### **Text HOME to 741741**

A trained crisis counselor responds by text, free and confidential, 24 hours a day.

### NAMI Helpline

#### **Call 1-800-950-6264 or text “HelpLine” to 62640**

Mon–Fri, 10am–10pm ET. Information, support, and referrals from the National Alliance on Mental Illness.

### SAMHSA National Helpline

#### **Call 1-800-662-4357**

Free, confidential, 24/7 treatment referral for mental health and substance use concerns.

**Find a friend. Make a new one if you can't find one. ASK for HELP! Ask again, as many times as it takes!**

*“There is hope. Providing free and confidential support to people in crisis works — and it starts with one call, one text, or one honest conversation.”*

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[anthonygurley.com](https://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.**

# Know the Signs. Know How to Help.

You don't have to be a professional to make a difference — just someone willing to notice, and to ask.

## 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](http://anthonygurley.com).

**988**

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

## NOTES

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