

A MESSAGE FROM ANTHONY GURLEY

You're Not Failing. You're Human.

Pregnancy and new parenthood can bring feelings no one warned you about. Support is here — free and confidential.

If the joy you expected has been crowded out by anxiety, sadness, rage, or numbness, you are not broken and you are not alone — as many as 1 in 5 new and expecting parents go through this. It's treatable, and reaching out is the first step back to yourself.

REACH OUT — FREE & CONFIDENTIAL



PSI 24/7 Crisis Line for Moms

Call or text 1-833-943-5746

Free, confidential, 24/7 hotline for pregnant and new moms. Interpreter services available in 60 languages.



PSI Helpline

Call or text 1-800-944-4773

Postpartum Support International — support, information, and local referrals in English and Spanish. Not for emergencies; calls returned daily.



988 Suicide & Crisis Lifeline

Call or text 988

For urgent crisis support, any hour, for you or the people supporting you.



Crisis Text Line

Text HOME to 741741

Free, confidential text support if talking on the phone isn't an option right now.

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

"You will get better. Your baby doesn't need a perfect parent — just one who's supported enough to keep showing up."

Know the Signs. Know How to Help.

For partners, grandparents, and friends who sense something is heavier than “new-parent tired.”

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.

1-833-943-5746

Save the PSI 24/7 crisis line for moms — call or text, free, confidential, interpreters available.



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.**