

A MESSAGE FROM ANTHONY GURLEY

This Feeling Isn't Forever

Whatever's going on — school, home, friendships, the pressure to have it all figured out — you don't have to face it alone.

It can feel like no one gets it. But the people on the other end of these lines talk with people your age every single day, and they're not going anywhere until you feel heard. You are allowed to ask for help — as many times as you need to.

REACH OUT — FREE & CONFIDENTIAL

988 Suicide & Crisis Lifeline

Call or text 988

Free, confidential, 24/7 — for any kind of crisis, big or small. Talking on the phone isn't required; texting works too.

Crisis Text Line

Text HOME to 741741

Prefer texting over talking? A real, trained counselor is on the other end, day or night.

Talk to a trusted adult

A parent, teacher, coach, or counselor

You don't have to have the right words — just start with “I'm not okay,” and let them help from there.

NAMI Helpline

Call 1-800-950-6264 or text “Helpline” to 62640

Mon–Fri, 10am–10pm ET. Support and resources for you or a friend you're worried about.

You've grown up with Google, Siri, and Alexa answering everything instantly — but this isn't a search you have to run alone. Real people are standing by.

“The hardest chapters of a story are rarely the last ones. Keep going — and let someone walk with you.”

Know the Signs. Know How to Help.

If you're worried about a friend, you don't need the perfect words — you just need to start.

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.

741741

Text HOME to 741741 and save it in your phone — free, confidential, any hour.

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.**