

A MESSAGE FROM ANTHONY GURLEY

Your Service Matters. So Do You.

Confidential support built for veterans, service members, Guard, and Reserve — answered by people who understand.

The weight of service doesn't always end when the uniform comes off. Whatever you're facing — today, this week, or after years of carrying it quietly — there are counselors standing by who are trained specifically to support you and your family.

REACH OUT — FREE & CONFIDENTIAL



Veterans Crisis Line

Dial 988, then press 1

Confidential, 24/7 support for veterans, service members, National Guard, Reserve, and those who care about them.



Veterans Crisis Line — Text

Text 838255

Free, confidential text support, day or night. A responder connects with you directly.



Veterans Crisis Line — Chat

VeteransCrisisLine.net

Online chat available 24/7 for veterans and the people who love them.



988 Suicide & Crisis Lifeline

Call or text 988

The general 988 Lifeline is also available anytime — press 1 routes you directly to the Veterans line.

You already know something about preparation and responsibility. Reaching out for support is no different — it's another form of readiness.

"Asking for backup was never weakness in the field — it isn't weakness now. Reach out today."

Know the Signs. Know How to Help.

For the battle buddies, spouses, and family members who notice something is wrong before it's said out loud.

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>1

Save 988 in your phone — press 1 when you call to reach the Veterans Crisis Line directly.

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.**