



F.E.D. UP
fightearlydeath.com
fedupsociety.org

WHAT THE HELL IS EARLY DEATH?

Yeah. We're fed up with the lives cut short. The overdoses. The suicides. The hearts that quit too soon. We've carried enough caskets.

There's another kind of early loss that still has a pulse: **the premature, unwanted loss of the things that make you feel alive.**

- your knees keep you against the wall while you still want in
- the joy in the music goes quiet because your ears are already ringing
- the instrument stays in its case because your body can't keep up
- you stop showing up as yourself because explaining yourself got exhausting

Walking away because you're finished is your call. Getting benched while you still want the life, by your body, your money, shame, lousy access, or care that never understood you, that's what we're talking about. **Early death is what happens when you're not free to be authentically yourself.**

**WE DON'T JUDGE YOUR CHOICES, AS LONG AS THEY'RE CHOICES.
THE MOMENT YOU NEED HELP WITH SOMETHING, WE'RE HERE.
NOT A SECOND BEFORE. EITHER WAY, WE'RE STILL HERE.**

RIGHT NOW, TONIGHT:

Call or text 988

855-BLINE99

Text HOME to 741741

911

Suicide & Crisis Lifeline (US), 24 hours

B-LINE, the music industry crisis line.

Text 254-639. 24 hours

Crisis Text Line

Medical emergency or overdose

FIGHTEARLYDEATH.COM

Free provider directory.
Education for providers and the scene. Harm reduction at shows. A station kit anyone can run.

FED UP is a program of The FED UP Society, an Arizona nonprofit corporation. Not a healthcare provider, not a crisis service. This mark is open: copy it, verify us separately.