

Disney Star Reveals Suicide Battle, Near-Death Collapse and Radical Encounter With God

Actor and singer Joshua Bassett became visibly emotional while publicly revisiting the near-death health crisis that changed the course of his life.

During a New York City book launch event for his memoir, *Rookie: My Public, Private, and Secret Life*, Bassett read from the book's opening chapter and struggled through tears as he recalled being hospitalized in 2021 with septic shock and heart failure, PEOPLE reported.

"Mom, I think I'm dying," Bassett read from the memoir, according to PEOPLE.

The event took place at Barnes & Noble in Union Square, where Bassett, 25, reflected on the frightening health emergency that unfolded shortly after his 20th birthday. PEOPLE reported that Bassett said he lost 20 pounds, went septic and experienced heart failure within a matter of days.



To order Randy Kay's book, *Heaven Encounters*, visit .

"Seven days prior, I was perfectly happy and pretty happy. Before I could blink, I lost 20 pounds, went septic, and my heart failed as I was surrounded by doctors telling me I had 12 hours to live – all this fresh off my 20th birthday," Bassett read, according to PEOPLE. "When you come within an inch of death, nothing you thought matters, matters anymore."

Bassett previously told GQ that doctors said he had a 30%

chance of survival and that, had he waited another 12 hours to go to the hospital, he likely would have been found dead in his apartment, PEOPLE reported.

The former “High School Musical: The Musical: The Series” star also acknowledged the strange contrast between outward success and private suffering.

“By the world’s metrics, I was at the top of my game,” he read, according to PEOPLE. “Starring in a hit Disney show.”

But the memoir goes even deeper than Bassett’s physical health battle. The singer also opens up about severe depression, addiction and suicidal thoughts during the aftermath of his medical crisis.

According to Us Weekly, Bassett revealed that after leaving the hospital, his life spiraled emotionally as he struggled with substance abuse and overwhelming mental anguish. The outlet reported that Bassett admitted he experienced suicidal ideation while trying to cope with fame, heartbreak, online scrutiny and unresolved trauma.

“At rock bottom, I had an encounter with God that gave me the peace I’d sought all my life, redefining what matters most: not success or survival – but to love and be loved,” Bassett wrote in the memoir, according to Us Weekly.

That spiritual transformation has become a defining part of Bassett’s public testimony. In past interviews, Bassett has openly discussed finding faith in Jesus after reaching a place of emotional collapse. As Charisma previously reported, Bassett came to a sudden realization that he needed the Holy Spirit’s help.



To order Abby Trivett’s new book, The Power of Suddenly, visit

.

"I sit up, and immediately I felt the Holy Spirit which I had never felt just knew in that moment that I needed Jesus," Bassett previously said.

"I got on my knees, and I called my dad, and I said, 'Can you help me accept Jesus?'" he stated.

What makes Bassett's story especially powerful is how honestly it exposes the emptiness fame can sometimes hide. From the outside, he appeared to have everything – success, popularity and a rising career. Internally, however, he was fighting for his life physically, emotionally and spiritually.

Sometimes, the very moment a person reaches the end of themselves becomes the place where God begins restoring what was broken.

If you are in crisis, please call 988 or visit . You are not alone.

Abby Trivett is a writer and editor for Charisma Media and has a passion for sharing the gospel through the written word. She holds two degrees from Regent University, a B.A. in Communication with a concentration in Journalism and a Master of Arts in Journalism. She is the author of the upcoming book, *The Power of Suddenly: Discover How God Can Change Everything in a Moment*. For interviews and media inquiries, please contact media@.