

NO HARM – NO SUICIDE CONTRACT

1. I _____, hereby agree that I will not harm myself in any way, attempt suicide, or die by suicide.

Furthermore, I agree that I will take the following actions if I am ever suicidal:

- 1) I will remind myself that I can never, under any circumstances, harm myself in any way, attempt suicide, or die by suicide.
- 2) I will call 911 if I believe that I in immediate danger of harming myself
- 3) I will call any or all of the following numbers if I am not in immediate danger of harming myself but have suicidal thoughts (please list names, phone numbers, addresses, and any other relevant contact information below):

1-800-SUICIDE—24 HOUR Suicide Prevention Line that can be called from anywhere in the US

Psychiatric Emergency Services (PES): 1-800 746-8181
707-576-8181

Family:

Friends:

Dr:

Other:

- 4) I will continue talking on the phone with as many people as necessary for as long as necessary until the suicidal thoughts have subsided.

Signature: _____ Date: _____

Witness: _____ Date: _____

Crisis Plan

Signs that I am becoming UNSAFE:

SAFE person/people to CALL

National Suicide Crisis Line: 1-800-SUICIDE / 1-800-784-2433 ** 9-1-1

SAFE place to GO:

Ways to CARE for myself in crisis:

Helpful things to TELL myself in crisis: