

## No -Suicide Prevention Contract

I, \_\_\_\_\_, agree that I will not attempt to cause harm to myself.

I promise to never attempt to commit suicide.

I promise to not participate in any activity that could result in myself intentionally causing harm or death.

If I am ever having thoughts of suicide, am feeling like I want to kill myself, and/or have the urge to cause harm to myself, I will:

1. Remind myself that \_\_\_\_\_ and \_\_\_\_\_ care deeply for me and do not want me to harm myself.
  
2. Remind myself that I can never attempt to commit suicide.
  
3. I will call 911 immediately if I feel that I could hurt myself that day.
  
4. I will call the following phone numbers, if I am feeling suicidal, but do not feel that I will cause harm to myself immediately.  
(List contact names and phone numbers)
  
5. If I am feeling like I want to die, and/or commit suicide and cannot reach the above persons, I will call 1-800-Suicide.

I know that \_\_\_\_\_ and \_\_\_\_\_ do not want me to hurt myself and care about me very much.

Signed \_\_\_\_\_