

No-Harm Contract

I, _____, promise not to harm myself, attempt to kill myself, or die by suicide.

If I feel like killing myself, I will call _____ at _____ and speak with them.

If I am unable to reach them, I will call the Crisis Hotline at 1-800-273-8255 and speak with a crisis worker.

If I believe I am in immediate danger of harming myself, I will call 911.

(Name) _____

(Name) _____