



CONTRACT for SAFETY

I, _____, agree to **not** harm myself in any way, attempt to kill myself, or kill myself during the period from _____ to _____, (the time of my next appointment).

I agree that, for any reason, if the appointed session is postponed, canceled, etc., that this time period is extended until the next direct meeting with my counselor. In this period of time, I agree to care for myself, to eat well, and to get enough sleep each night.

I agree to make social/family contact with the following individuals:

I agree to rid my presence of all things I could use to harm or kill myself. I agree that, if I am having a rough time and come to a point where I may break any of these promises, I will call and make significant contact with any of the following individuals:

_____ at: # _____
_____ at # _____

Or, if I cannot contact these individuals, I will immediately call any of the resources below:

AGENCY	NUMBER	HOURS OF OPERATION
National Suicide Prevention Lifeline (www.suicidepreventionlifeline.org)	1-800-273-TALK (1-800-273-8255)	24 hours/7 days per week
National Hopeline Network (www.hopeline.com)	1-800-SUICIDE (1-800-784-2433)	24 hours/7 days per week

* You can always call **911** to ask for help. Tell the operator you are in suicidal danger.



Online resources:

<u>AGENCY</u>	<u>WEBSITE ADDRESS</u>
National Suicide Hotlines	http://suicidehotlines.com/
National Suicide Prevention Resource Center	http://www.sprc.org/
Yellow Ribbon	http://www.yellowribbon.org/
Department of Health & Human Services National Strategy for Suicide Prevention	http://mentalhealth.samhsa.gov/suicideprevention/
Department of Health & Human Services Center for Disease Control & Prevention	http://www.cdc.gov/ncipc/dvp/Suicide/
US Department of Health & Human Services Substance Abuse & Mental Health Services Administration	http://family.samhsa.gov/get/suicidewarn.aspx

I agree that these conditions are important, worth doing, and that this is a contract I am willing to make and keep. By my word and honor, I intend to keep this contract.

Signed _____ **Date** _____

Witnessed by _____ **Date** _____