

Anti-Suicide Contract

I the undersigned agree explicitly to the following:

- I will not hurt or harm myself in any way.
- I will not try to kill myself, or attempt to kill myself.
- When I am feeling depressed or down and feel like hurting myself in any way, I promise to call you (My helper/Listener), _____ or
(name/telephone)
- _____ (the local suicide prevention), or
 - For a list of suicide crisis lines: https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines
- 800-273-8255 (National Suicide Prevention Lifeline), or
- 800-442-HOPE (4673) (Hopeline), or
- 911, or

Signed: _____

Witnessed by you: _____

Date: _____