

No-Harm Contract

by Kirstin R. Abraham, LCSW

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

2) I will call 911 if I believe that I am 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 U.S.

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 _____