

THE NO SUICIDE CONTRACT

I, _____, hereby agree that I will not harm myself in any way, attempt suicide, or die by 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 suicide, or die by suicide – as I have sworn in this contract.
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 (name & number):

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.

My word means everything to me. I will never go back on my word.

Signature _____ Date _____

Witness _____ Date _____

National Suicide Prevention Hotline – 1-800-273-TALK (8255)

~ or ~

1-800-SUICIDE (784-2433)

From West Coast Post-traumatic Retreat (WCPR) Leader's Notebook