



**HOLISTIC-PSYCHOTHERAPY.NET**  
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## No Suicide Contract

I, \_\_\_\_\_, agree that I will not attempt to cause harm to myself.

I promise to never attempt to commit suicide. \_\_\_\_\_ (Initial here)

I promise to not participate in any activity that could result in myself intentionally causing harm or death. \_\_\_\_\_ (Initial here)

If I am ever having thoughts of suicide, am feeling like I want to kill myself, and/or have the urge to cause harm to myself, I will do the following:  
\_\_\_\_\_ (Initial here)

1. Remind myself that \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_ care deeply for me and do not want me to harm myself.

2. Remind myself that I can never attempt to commit suicide.

3. I will call 911 immediately if I feel that I could hurt myself that day.

4. I will call the following phone numbers if I am feeling suicidal, but do not feel that I will cause harm to myself immediately:

(List contact names):

5. If I am feeling like I want to die, and/or commit suicide and cannot reach the above persons, I will call 911 and/or 1-800-Suicide.

I know that \_\_\_\_\_ and \_\_\_\_\_  
do not want me to hurt myself and care about me very much.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Signature: \_\_\_\_\_