

U Are Well

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**.
- 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):

1-800-273-8255 -- 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 _____