

No-Suicide Contract

NO-SUICIDE CONTRACT

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

Name *: _____

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 circumstance, I 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 contact any or all the following numbers if I am not at immediate risk of hurting myself but have suicidal thoughts (please list names, phone numbers, addresses, and any other relevant contact information below):

Emergency Contact Name and Phone Number

833-456-4566Canada's 24-hour suicide prevention line