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NO-HARM CONTRACT

I, _____, agree to *not* harm myself in any way, attempt to harm myself, or kill myself.

I agree to make and maintain social/family contact with the following individuals:

I agree to rid my presence of all things I could use to harm or kill myself. I agree that, if I am having a rough time and come to a point where I may break any of these promises, I will call and make significant contact with any of the following individuals:

_____ at: # _____
_____ at: # _____

Or, if I cannot contact these individuals, I will immediately go to the nearest emergency room or call 911. I agree that these conditions are important, worth doing, and that this is a contract I am willing to make and keep. By my word and honor, I intend to keep this contract.

Signed _____

Date _____

Witnessed by _____

Date _____