

# No Harm Contract

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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:

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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, call the National Suicide Prevention Lifeline at 1-800-Talk/1-800-273-8255, or call or text 988. 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 \_\_\_\_\_