

No-Suicide Contract
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Suicide.org
Founder, Executive Director, Editor-in-Chief

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-SUICIDE -- 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 _____

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