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This information is maintained in confidence in your record. Disclosure of information only occurs with express written permission via a Release of Information or in the event of a true emergency or subpoena.

***NO HARM CONTRACT***

I, \_\_\_\_\_, agree ***not*** to harm myself in any way, attempt to kill myself, or cut or hurt myself. I will not use social media to share or speak negatively about myself or post negative, sexual, or disparaging images or words about myself.

I agree to care for myself, eat well, and get enough sleep each night, as well as stay physically fit and mentally/emotionally aware of what is going on with me.

I agree to make social/family contact with the individuals named below\* should I feel at risk for hurting myself or suicidal. 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:

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Or, if I cannot contact or reach any of the above-mentioned individuals, I will immediately call the Suicide Crisis Hotline at 211 or dial 911 for emergency assistance.

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: \_\_\_\_\_

Witnessed by \_\_\_\_\_ Date: \_\_\_\_\_

Witnessed by \_\_\_\_\_ Date: \_\_\_\_\_