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**NO HARM AGREEMENT**

I \_\_\_\_\_ make a commitment to living. I will not harm myself or anyone else in any way. I will not attempt suicide, or any other self injury.

If I begin to have thoughts of harming myself:

- 1) I will try to identify specifically what is upsetting me
- 2) I will review alternatives to self-harm, such as thinking about my friends, family or the future
- 3) I will do at least one of the following things for 30 minutes to try to make myself feel better:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 4) I will seek out a responsible, caring and supportive person if thoughts of self-harm continue.
- 5) If at this time I do not feel I can control my behavior, I will contact 911 or the or the nearest emergency room

Important, supportive people in my life I can contact:

Name	Relationship	Phone #
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

\_\_\_\_\_  
*Student Signature* *Date*

\_\_\_\_\_  
*Witness/Title* *Date*