

TIANA BEARD THERAPY

No -Suicide Contract

3150 Hilltop Mall Rd

Suite 12

Richmond, CA 94806

510.859.4704

I, _____, hereby agree that I will not harm myself in anyway, 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 anyway, 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:

1-800-273-8255

U.S. 24-hour suicide prevention hotline

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 _____