

No-Suicide Contract

I, _____, hereby agree that I will not harm myself in **any** way.

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.
- 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):

Name	Home number	Cell number	Address

The Samaritans Distress Centre Toronto (416) 408 4357 – 24 hours Service. Trained volunteers provide this service 24 hours every day. It is free. You are guaranteed absolute confidentiality and that you will not be judged.

York Region Community response Service (toll free) 310 – 2673 - 24 hours Service.

Signed: _____

Date: _____