



## 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: \_\_\_\_\_