



I _____, will not attempt to kill myself. I will not try to harm myself in any way. If I am feeling like I want to commit suicide, or that I want to die, I will call the following people, who love and care for me;

Name Phone number

Name Phone number

If I am in immediate danger of harming myself and am unable to reach my contacts, I will dial 911 or I will call 988 Lifeline, 1-800-NEXT-STEP, or go to: Klein Family Center, 802 Baltimore Pike; Bel Air, MD 21014 (Walk-In Center, no appointment needed.)

In addition, if my True Life counselor _____ is concerned about me committing suicide, or harming myself, I give him/her permission to call the people listed above, or 911.

Signed _____ Date _____

Counselor _____ Date _____