I, ____________________________, hereby agree that I will not harm myself in any way, attempt suicide, or die by suicide. I am a worthy person with many people who love and support me.

Furthermore, I agree that I will take the following actions if I am ever suicidal:

1) I will call 911 if I believe that I am in immediate danger of harming myself.

2) Use one of the following healthy coping strategies:

   ___________________________________________  ___________________________________________

   ___________________________________________  ___________________________________________

   ___________________________________________  ___________________________________________

3) Contact one of the following supportive individuals:

   Name: ___________________________          Phone Number: ___________________________

   ___________________________________________  ___________________________________________

   ___________________________________________  ___________________________________________

4) If I am unable to reach the above individuals, I will contact the below 24-hour crisis hotlines:

   Lifeline Suicide Hotline: 1-800-273-8255

   Boys Town National Hotline: 1-800-448-3000

   Alegent Health Psychiatric Center's Crisis Hotline: 717-HOPE (4673)

5) I will write down individual negative thoughts and provide an alternative response that changes the perspective.
6) 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___________________
Witness_______________________________    Date___________________

Additional Resources:

http://veteranscrisisline.net/

DBSA.org    NAMI.org    NARSAD.org

Military Mental Health National    (877) 877-3647
National Veterans Foundation National    (888) 777-4443
Wounded Soldier and Family Hotline National    (800) 984-8523

National Hope Line Network: 1-800-SUICIDE (1-800-784-2433)

National Suicide Prevention Life Line: 1-800-273-TALK (1-800-273-8255) Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year

**All staff of Hospice of Southwest Iowa are mandatory reports; therefore, should you disclose a plan to harm yourself and/or others, all staff are required to contact the authorities.**