



**SAFETY CONTRACT
SUICIDE AND SELF-HARM PREVENTION
Veteran Specific**

Safety Plan

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.**

