



# *Bipolar Bear Promise*



I, \_\_\_\_\_, promise to tell you if I ever feel like hurting myself or letting myself get hurt! I will trust you to help me when I need it. I know you won't be mad at me for telling you how I feel, even if my feelings are scary.

I, \_\_\_\_\_, promise to listen to you if you tell me that you feel like hurting yourself or letting yourself get hurt. I promise to help you when you need me. I will be happy that you trusted me and told me how you feel, even when your feelings are scary.

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(child signs here)

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(date)

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(trusted person signs here)

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