

No Suicide Action Plan

Don't let intense feelings trick you. You can feel better. If you are about to end your life, do this NOW:

1) I will tell this trusted adult: _____.

I, _____, promise to help you if you ever feel suicidal!
(Signature of trusted adult)

Here is how to contact me: _____.

2) If for some reason I don't feel like I can tell this trusted adult, here are three other people who care about me and have agreed to help me. CALL NOW:

Name: _____ Home # _____ Cell # _____

Name: _____ Home # _____ Cell # _____

Name: _____ Home # _____ Cell # _____

3) If nobody is home I will call the suicide hotline at:
1-800-784-2433 or 1-800-273-8255

4) If I can't deal with this then I will call 911.

I, _____, agree to follow these steps if I feel suicidal.
(my signature)

Date: _____