



## NO HARM CONTRACT

I, (client full name) \_\_\_\_\_  
agree not to cause harm to myself, kill myself or attempt to kill myself.

- I agree to remove anything that I could use to kill myself, including but not limited to, guns, other weapons, pills, etc.
- In the event of an emergency, such that I am in serious danger of hurting or killing myself, I agree to dial 082 911 / 112 / 10177, or go to the nearest hospital emergency room, for immediate assistance.
- I understand that if my counsellor, Tarren Turner, determines that I am in serious danger of hurting or killing myself, my right to confidentiality may be waived in my best interest, and my counsellor will make any necessary telephone calls for my own protection. I therefore authorise my counsellor to contact the following people, in case of emergency:

NAME:	_____	NAME:	_____
PHONE:	_____	PHONE:	_____
RELATIONSHIP TO ME:	_____	RELATIONSHIP TO ME:	_____

- I agree, that if I am having an emotionally difficult time and feel that I might hurt or kill myself, I will immediately call:

NAME:	_____	NAME:	_____
PHONE:	_____	PHONE:	_____
RELATIONSHIP TO ME:	_____	RELATIONSHIP TO ME:	_____

- I will also call one of the Suicide or Crisis Hotlines listed below:
  - SADAG Suicide Crisis Helpline: 0800 567 567
  - Life Line 011 422 4242 or 0861 322 322.
- I agree that these conditions are part of my counselling contract with my counsellor and are effective immediately and indefinitely.

I, (full name) \_\_\_\_\_

herby confirm that, I have read, understand and agree to all of the above statements.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*You Are Not Alone + You Are Deserving of Love*



## SUICIDE SAFETY PLAN

Fill in the following lists and keep them close to refer back to when you are having a difficult time

*1. Know Your Warning Signs* - Think about what precedes your suicidal urges, such as types of situations, thoughts, feelings, and behaviours. List these warning signs to help deciding when to activate your plan:

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*2. Calm, Comfort & Distract Yourself* - When you are upset or are exhibiting any of the warning signs you listed above, try some activities that are soothing to you or distracting. The following are some useful examples that you can add to:

- Go for a walk or exercise
- Cook or treat yourself to a healthy, delicious meal
- Listen to your favourite music
- Practice Meditation, grounding or mindfulness
- Cuddle or play with your dog or pet
- Jump into a hobby or read a good book
- Take a relaxing hot bath or shower
- Watch some funny videos
- Watch your favourite movie or tv show
- Write in a gratitude journal
- Breathing exercises and positive affirmations
- Talk to a support person, friend or family member

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*3. REASONS TO LIVE* - List the positives in your life and your reasons for living:

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*4. Call a Supportive Friend or Family Member:*

Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_

*5. Emergency Contact Numbers:*

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|---|--|---|
| • Aids Helpline: 0800 012 32                                | • Emergency (cell phone): 112                | • Poison Control: 0861 555 777                |
| • Bureau For Missing Persons:<br>021 918 3512 / 3449 / 3452 | • GBV Command Centre:<br>0800 428 428        | • Police Flying Squad & Emergency: 10111      |
| • Childline: 0800 055 555                                   | • National Shelter Movement:<br>0800 001 005 | • SADAG Suicide Crisis Helpline: 0800 567 567 |
| • Crime Stop: 0860 010 111                                  | • Netcare 911: 082 911                       | • SADAG SMS: 31393                            |
| • Emergency Ambulance: 10177                                |  | • Substance Abuse Helpline: 0800 12 13 14     |
|   |  | • WhatsApp Cipla Chat Line: 076 882 2775      |

*6. Make your environment safe* - remove anything that you could use to harm or kill yourself, including but not limited to, guns, other weapons, pills, etc.

*You Are Not Alone & You Are Deserving of Love*