

# My Contract for Hope – Accountability and Awareness

When I feel hopeless and suicidal thoughts occur, it's important to have a plan to find immediate help and ongoing support. I will remember that I am not alone.

When I'm in despair and struggling with suicidal thoughts, I will ...

## Talk to someone

- I will reach out to a friend, family member, pastor, counselor, or someone I trust and honestly tell them what I'm thinking about doing.
- I will call the **Suicide and Crisis Lifeline** at 988, text the **Crisis Text Line** at 741741, or call 911 when I'm in danger of harming myself.

## Seek to be safe

- I will remove any harmful or lethal objects from my possession/home—any guns, knives, ropes, drugs, pills, or other harmful objects that I am able to easily access.
- I will identify the safe people and places I can go to when I'm struggling with thoughts of self-harm.

## Hold on to hope

- I will try to put things in perspective and remember that no matter what I'm feeling or thinking, I can have hope.
- I will read stories of survivors to remind me hope is a solid anchor. (**Note:** You can find “Stories of Hope and Recovery” on the Suicide and Crisis Lifeline website at [988lifeline.org/stories](https://988lifeline.org/stories).)

## Address physical issues

- I will get a medical check-up and talk with a doctor to see if any physical issues may be contributing to my suicidal thoughts (or depression) and consider any recommended treatments to help me.
- I will take care of myself physically and try to live a healthy lifestyle by eating well, getting adequate sleep each night, exercising as I'm able, and avoiding harmful substances such as drugs and alcohol.

## Take care of my emotional needs

- I will avoid unhealthy coping mechanisms such as drinking alcohol, using drugs, or self-harming behaviors.
- I will consider new, healthy ways of managing my emotions such as talking with others, journaling, drawing/painting, praying, meditating, or exercising.

## Replace negative thoughts

- I will acknowledge negative thoughts and lies I believe about myself and my situation.
- I will replace negative thoughts by adopting growth mindsets.

## Acknowledge that pain is temporary

- I will put my pain in perspective and acknowledge that the pain I feel is temporary—it won't last forever.

## Be in community

- I will remember I'm not alone—that many other people have been in my place and found help.
- I will seek the support of others and consider joining a community support group, a local church, or other helpful groups.

## Stay connected

- I will remember that even when I'm not in a crisis or having suicidal thoughts, it's important to stay connected with others.
- I will regularly check in with others (counselor, doctor, pastor, trusted individual, etc.) to evaluate my suicide risk and get help as needed.

## *My Contract of Hope*

The following is a solemn binding contract. This contract cannot be declared null and void without the written agreement of both parties.

I promise that if I should consider harming myself, I will talk with you before I do anything destructive. I sign my name as a pledge of my integrity.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_