

## No HARM CONTRACT

---

At Patchouli Therapy, I recognise the importance of maintaining a suicidal prevention (or plan) contract, also known as a no-harm agreement, a life-maintenance contract or a safety agreement. This contract coincides with the Risk Assessment Policy and Confidentiality Policy.

This No Harm Contract is an extension of the Suicidal Safety Policy.

I, \_\_\_\_\_ take responsibility for my safety and agree not to harm myself in any way. I understand that if I am having suicidal thoughts, I will call my counsellor at **07976 355 705**. I understand that she might not be able to take my call, in which case, I will leave a message.

If I cannot reach my counsellor immediately, and I feel that I am in a crisis, I will tell the nearest responsible person/adult, or I will contact the following and keep myself safe:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

I consent to the release of the above information, signed to allow my counsellor to contact the above support people in the event of a crisis.

If I am unable to tell or contact a specific person, I agree to call emergency services on 111, or

- Samaritans on 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org) for a reply within 24 hours.
- Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19.
- If you're under 19, you can also call 0800 1111 to talk to Childline.
- FRANK – 0800 77 6600 – open 24 hours.
- Saneline – 0300 304 7000 – 4.30 pm to 10.30 pm daily.
- No Panic – 0844 967 4848 – 10 am to 10 pm.
- Stay Alive Suicide Prevention Mobile Phone App.

By signing this, I am agreeing to keep myself safe.

Client signature: \_\_\_\_\_

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

Counsellor signature: \_\_\_\_\_

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

A copy can be provided to the client upon request.