



## Holon Inclusive Health System

P.O. Box 242

Wildwood, MO 63040

Phone: 844-902-2554 Fax: 833-914-0432

### ***NO-HARM CONTRACT***

I, \_\_\_\_\_, agree to ***not*** harm myself or others in any way, or kill myself or others.

My next appointment will be scheduled in \_\_\_\_\_.

I agree that, for any reason, if the appointed session is postponed, canceled, etc., to continue to uphold this contract or take the necessary steps to avoid harming myself or others including calling #911 if all other coping skills have failed.

I agree to make social/family contact with the following individuals if I am feeling suicidal, homicidal, or thinking of harming myself or others:

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I agree to rid my presence of all things I could use to harm or kill myself. I agree that, if I am having a rough time and come to a point where I may break any of these promises, I will call and make significant contact with any of the following individuals:

\_\_\_\_\_ at: # \_\_\_\_\_

\_\_\_\_\_ at # \_\_\_\_\_

Or, if I cannot contact these individuals, I will immediately call the following Crises Lines:

**Crises Lines & Resources – 24/7 Service unless noted otherwise**

**Behavioral Health Response**

314-469-6644 or 800-811-4760

Behavioral Health Response is a 24-hour-a-day crisis hot line serving the Metropolitan St. Louis area. Calls are answered by qualified crisis intervention counselors.

**BJC Behavioral Health** (weekdays, 8 a.m.-4 p.m.) 314-729-4004 or 877-729-4004

BJC Behavioral Health Community Services provides and coordinates an array of mental health services for persons residing in parts of St. Louis City and St Louis County.

### **Suicide Crisis Tips & Survivor Resources**

St. Louis City, St. Louis County, and the counties of St. Francois, Iron, and Washington, Missouri: Services are community-based and coordinated with a variety of agencies and resources in the community.

### **Hope Line 800-SUICIDE (800-784-2433)**

The National HopeLine Network brings the knowledge, skill, and resources of existing crisis centers under the safety net of a single, easy-to-remember, toll-free number to help make appropriate, critical services available to all.

**Kids Under Twenty One (KUTO)** 314-644-5886 or 888-644-5886

Kids Under Twenty One (KUTO) utilizes youth and adult partner volunteers to provide peer-facilitated crisis prevention, suicide intervention, and postvention support to youth in the St. Louis metropolitan area. KUTO trains youth with the skills, confidence, and courage to help a friend or peer by implementing the "teens helping teens help themselves" philosophy.

**Youth Resources Bibliography** [www.sprc.org/library/YRBibliography.pdf](http://www.sprc.org/library/YRBibliography.pdf)

**Life Crisis Services** 314-647-HELP (314-647-4357) or 888-SUICIDE (888-784-2433)

Life Crisis provides a 24-hour-a-day crisis and suicide intervention hot line (314-647-4357), a weekly support group for those who have lost someone to suicide (314-647-3100).

**NAMI St.Louis** (weekdays, 9 a.m.-5 p.m.) HELP Line 314-962-4670

The Alliance on Mental Illness/NAMI St. Louis HELP Line is for non-crisis situations to provide information on mental illness and link callers with resources, including NAMI St. Louis' free classes, support groups, and lending library for those with mental illness and their family members.

**Suicide Prevention Life Line** 800-273-TALK (800-273-8255) [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

The National Suicide Prevention Lifeline provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number: 1-800-273-TALK (8255). It is the only national suicide prevention and intervention telephone resource funded by the Federal Government.

**Youth in Need** 636-946-3771

Youth in Need is a multi-services agency serving children, youth, and families throughout Eastern Missouri. Youth in Need strives to be the community leader and driving force in making children's healthy development and well-being the community's highest priority, particularly for those who face adversity.

I agree that these conditions are important, worth doing, and that this is a contract I am willing to make and keep. By my word and honor, I intend to keep this contract.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

**Witnessed by** \_\_\_\_\_ **Date** \_\_\_\_\_