

NO-SELF-HARM CONTRACT

My name is _____ and I am _____ years old.

My life has meaning and value gifted to me by Allah Ta'ala, Subhana'Allah.

I am wanted, loved and understood.

Even in my darkest moments, I will not give up.

I agree that I want to have a good life filled with happy memories, and I understand that if I try to harm or kill myself, I will not be able to achieve this.

I will agree to not do anything to harm myself.

If I feel like wanting or needing to harm or kill myself, I will do the following:

1. Seek protection in Allah from Shaitaan (read: "Audhu Billahi Minashaitanir Rajeem")
2. Make Du'aa
3. Read Qur'an or Dhikr
4. Take slow deep breaths
5. Slowly stretch all of my muscles
6. Lightly snap a rubber band or hair tie against my wrists
7. Eat a snack
8. Call or speak to the following person

Name: _____

Phone number _____

OR

Name: _____

Phone number _____

OR

Name: _____

Phone number _____

Child Signature: _____

Date: _____

Witness 1 (& role):

Date: _____

Witness 2 (& role):

Date: _____