

**Suicide is a permanent solution to a temporary problem.**

**I promise myself:** When I feel suicidal, I will:

- Call my friends/family:  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_
- Call my doctor(s)/therapist(s):  
Dr. \_\_\_\_\_ Phone: \_\_\_\_\_  
Dr. \_\_\_\_\_ Phone: \_\_\_\_\_
  
- Remember that when I feel suicidal, my brain is lying to me and making things seem worse than they are.
- Remember to take any prescribed medications and stick with my treatment plan.
- Have someone take away my car keys and anything I could use to hurt myself.
- Stay away from alcohol and illegal drugs.
- Go to a hospital if necessary.
- **Remember that my life is valuable and worthwhile, even if it doesn't feel that way right now.**

**You don't have to feel this way.  
There is help.**

You can cope with suicidal feelings and thoughts. They are not your fault and they do not have to continue. Don't give in.  
Don't lose hope. There is help.

**Call (800) 442-HOPE**

*For more information about suicide prevention, contact:*



**Depression and Bipolar Support Alliance**

730 N. Franklin St., Suite 501  
Chicago, IL USA 60610-7224  
(312) 642-0049  
(800) 826-3632 (*not a crisis line*)  
Fax: (312) 642-7243  
Website: [www.DBSAAlliance.org](http://www.DBSAAlliance.org)