

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):

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ 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) 422-HOPE

Visit [DBSAlliance.org](https://www.DBSAlliance.org) to find out more information about suicide prevention.



Depression and Bipolar
Support Alliance

55 E. Jackson Blvd, Suite 490
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(800) 826-3632