

Life Covenant



I, _____, hereby promise that I will not harm myself in any way, attempt suicide, or die by suicide.

Furthermore, I agree that I will take the following actions if I am ever suicidal and I feel tempted to end my life:

1) I will remind myself that I can never, under any circumstances, harm myself in any way, attempt suicide, or die by suicide.

2) I will call 911 if I believe that I am in immediate danger of harming myself.

3) I will call any or all of the following numbers if I am not in immediate danger of harming myself but have suicidal thoughts (please list names, phone numbers, and any other relevant contact information below). 1-800-273-8255 - A 24-hour suicide prevention line that can be called from anywhere in the U.S.

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4) I will continue talking on the phone with as many people as necessary for as long as necessary until the suicidal thoughts have subsided.

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SIGNATURE

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DATE

.....
WITNESS

.....
DATE



Please see our complete statement of faith (victoryatl.com/statement-of-faith). We are not licensed counselors nor physicians. If you are in need of mental health services please contact a licensed counselor or physician. If you have a true medical emergency please immediately call 911 or go to your local emergency room.