

# my life contract

I, \_\_\_\_\_ today I sign my Life Contract.  
I agree to speak to at least one person and seek help if:

1. Think frequently,
2. Make a plan and / or
3. Take an action to kill myself.

I also promise, if I meet someone in this situation,  
to notify those close to them.

## I sign for life

#LifeContractChallenge #IsignforLife #InyourmemoryIsign  
Facebook @MyLifeContract Created by @AnaGCounselor 2017  
#SuicidePrevention

 @anagcounselor

 @MyLifeContract

