NO SELF-HARM CONTRACT

I willingly commit with New Heights Clinic to use the following skills if I feel at risk of harming myself in any way.

1. Use Distraction Skills:
   - Count down from 100
   - Count Colors
   - Read
   - Watch TV
   - Observe & Describe Skill
   - Diaphragmatic Breathing
   - Watch a Funny Movie
   - Hold Ice in Your Hand
   - Exercise
   - Stretch
   - Take a Walk
   - Listen to Music
   - Drink Tea
   - Stand Under a Hot/Cold Shower
   - Take a Mental Time Out
   - Clean the House
   - etc.

2. Use Self-Soothe Skills:
   - Encourage Yourself
   - Positive Self-Affirmations
   - Repeat, "I can stand it. It won't last forever. I will make it out of this. I'm doing the best I can do".
   - Take a Bubble Bath
   - Light Candles
   - Positive Thinking

3. Call a Friend, _____________________, phone: _____________________

4. Call Mentor, _____________________, phone: _____________________

5. Call the Clark County Crisis Line: (360) 696-9560 24-hours-A-Day, 7-days a Week

6. Call 911

7. Go To the Emergency Department at hospital

8. Other special conditions:______________________________________________________________

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Client’s Signature __________________________________________ Date____________________

Counselor’s Signature __________________________________________ Date____________________