



SAFETY CONTRACT

I agree not to do any harm to myself or anyone else from today until my next tele-health appointment with Dee Washburn, LPC.

I have disclosed to Dee, my thoughts and feelings and we have worked out a strategy for me to cope while living. I agree to utilize the coping strategies we have discussed each time I feel suicidal or homicidal.

I agree to talk with people in my support system if my thoughts and feelings about death and dying become stronger. I also agree to contact Dee if I believe I can not commit to keeping this contract. If I am unable to reach Dee and need immediate help to stay alive, I agree to contact the resources listed below, ask someone to take me to the Emergency Room or find a ride if I am unable to safely drive myself.

Phone/Text Samaritans Helpline 24/7	877-870-4673
Call or Text VA Hotline	988
Call Connect	540-981-8181
Text: Dee Washburn, LPC	540-591-9911