



Family Counseling Service

389 W. 2nd Street

Ogden, UT 84404

(801) 399-1600, 1-800-870-1605

Date:

We have discussed that you are either currently thinking or in the past, have actively thought about taking your life. As a result, we request that you sign the following contract.

As of today, _____, I commit the following: should I feel the urge to take my life, or intentionally/seriously hurt myself, I will not take any steps before I have made direct, personal contact with my therapist.

Signed,

Date

Therapist

Date

Offices in Ogden and Clearfield

A United Way Agency serving Weber, Morgan, Box Elder & Davis Counties

United Way Northern Utah #117—United Way, Davis County #195-CFCNU# 5620 CFCDC# 5813