

Help-Seeking Pledge

I know that people sometimes need help with their problems.

**I have learned to recognize the signs of suicidal behavior,
and I know how to get help.**

**If I see signs of suicidal behavior in me or someone else,
I am willing to get help from a trusted adult.**

Those trusted adults include:

Name _____

Phone _____ E-mail _____

Name _____

Phone _____ E-mail _____

Name _____

Phone _____ E-mail _____

Signed _____

(Name)

(Date)