

Private Counseling

Bree Winkler, LPC, Ed.S., CAMS-II
5950 Crooked Creek Road
Suite 150-C
Peachtree Corners, GA 30092
PrivateCounselingGA@yahoo.com
470-336-2884
www.PrivateCounselingGA.com

Safety Contract

I have expressed thoughts about hurting myself. Bree Winkler LPC and Private Counseling LLC are concerned and want to support me. I understand that I have a part in keeping myself safe. I am making this agreement to stay safe.

I, _____, agree that I will not try to hurt myself. If I think about hurting myself, I will help myself in the following ways:

) **Get help from an adult immediately:**

I will talk to: 1. _____ or

2. _____ or

3. _____

) **Call 911 or a Crisis Help Line (numbers below)**

) **Avoid any alcohol or drugs**

) **Call Therapist (Bree @ 470-336-2884) – Note: Contacting therapist does not equal an automatic reply. **For emergencies, call 911.****

) **Consider these options/alternatives/coping skills:** _____

I understand the contract that I am signing and agree to abide by it.

Signature

Printed Name

Date

