

It can be hard to help yourself when you are in so much pain you just want it to stop. We here at HATCH Central urge everyone to fill out this plan now. Commit that you will do every step in the plan before you harm yourself. That way, you can get out of the painful place without ending your life. REMEMBER – although sometimes it doesn't seem like it, SUICIDE IS A PERMANENT SOLUTION TO A TEMPORARY PROBLEM.

DESCRIBE POSSIBLE PREVENTION STEPS YOU CAN AGREE TO FOLLOW:

STEP 1:

STEP 2:

STEP 3:

STEP 4:

STEP 5:

LIST HELPFUL PEOPLE YOU WOULD BE WILLING TO CALL BEFORE YOU HARM YOURSELF:

NAME:

PHONE NUMBER:

NAME:

PHONE NUMBER:

NAME:

PHONE NUMBER:

NAME:

PHONE NUMBER:

NAME:

PHONE NUMBER:

LIST PLACES YOU WOULD BE WILLING TO GO FOR HELP INSTEAD OF HARMING YOURSELF:

PLACE 1:

PLACE 2:

PLACE 3:

PLACE 4:

PLACE 5:

Once you have completed this plan, please fold it up and put it in your wallet. And remember, you can call GLSH 24/7 for help or just to talk: 713.529.3211