

# HungKuang University Counseling Center

## Pledge to Not Self-Harm

<b>Name</b>		<b>Gender</b>	<input type="checkbox"/> M <input type="checkbox"/> F	<b>Age</b>	
<b>Student ID</b>		<b>Program and grade</b>			
<b>Telephone</b>	Home: Cell:	<b>Current address</b>			

I, \_\_\_\_\_, pledge that while receiving counseling from the Counseling Center, I will not harm myself or others, nor will I engage in actions that endanger my life or safety. I will strive to get sufficient sleep and to eat properly, and I pledge to stay away from dangerous objects that I may use to harm myself or others. If I experience intrusive thoughts about harming myself or others, I will immediately contact someone I trust or visit the Counseling Center (L105, ext. 1471) to seek assistance.

If I develop self-harm ideation, I will notify the following person(s):

1. \_\_\_\_\_ Relationship \_\_\_\_\_ Telephone \_\_\_\_\_
2. \_\_\_\_\_ Relationship \_\_\_\_\_ Telephone \_\_\_\_\_
3. \_\_\_\_\_ Relationship \_\_\_\_\_ Telephone \_\_\_\_\_

If I am unable to reach one of the aforementioned contact persons or if the Counseling Center is closed for the day, I will contact one of the following units:

- \* HKU Campus Security Center 24H hotline: **(04)2633-8000**
- \* Suicide Prevention Hotline: **0800-788-995**
- \* Hotline-for-Life: **1995**
- \* Teacher Chang: **1980**

If I engage in behavior that harms myself or others, the school shall initiate crisis management and notify my advisor and family:

1. \_\_\_\_\_ (relationship \_\_\_\_\_), telephone: \_\_\_\_\_
2. \_\_\_\_\_ (relationship \_\_\_\_\_), telephone: \_\_\_\_\_

※ Supplemental matters:

**Signatory:**

**Counselor:**

**Date: YYYY/MM/DD**

FM-10540-007

Updated March 15, 2016

Storage period: 10 years

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