

國立中興大學 健康及諮商中心
HEALTH AND COUNSELING CENTER, NCHU
個別諮商來談者生命安全契約書
**NO SELF-HARM AND NO SUICIDE CONTRACT
FOR COUNSELING SERVICE USER**

我.....同意，在出現自我傷害或自殺意念時，我一定會：

I, _____ hereby agree that I will take the following actions if I ever have any thoughts about hurting or killing myself.

1. 第一時間馬上找到一位身邊的家人、朋友或同學，說明自己的狀況，並請求對方陪伴自己。

Talk to one of my family, friends, or classmates regarding the urgent situation immediately and ask to accompany if possible.

2. 若是學校行政單位上班時間，打電話到諮商中心向心理師求助（04-22840241），非上班時間，則打電話到學校教官室（04-22870885）、張老師專線（1980）、或生命線（1995）求助。

Call 04-22840241, the Health and Counseling Center, during the office hours. After hours, please call 04-22870885 (the Office of Military Education), 1980 (Teacher Chang Emergency Hotline), or 1995 (Life Association).

3. 我會主動告知家長。

Will inform my parents myself.

4. 設法盡快回醫院就診，並配合醫師囑咐服藥。

Will see the physician ASAP and take medicine as endorsed.

來談者(SERVICE USER)：

電 話(PHONE)：

諮商師(COUNSELOR)：

電 話(PHONE)：

日 期(DATE)：

註：來談者及諮商師各存一份。

Note: This contract is copied to both service user and counselor.

**Service user and counselor can both possess a copy of this document.*