

SUPPORT SYSTEMS

Try to think of whom you would turn to if you had a problem.

List below at least 3 friends you could talk to:

List 3 people at school:

List 3 adults not listed above:

**IF THE PEOPLE YOU LISTED ON THIS PAGE ARE
NOT AVAILABLE AND YOU NEED HELP,
CALL US:**

**IN MARICOPA COUNTY
602-248-TEEN (8337)
OUTSIDE MARICOPA COUNTY
1-800-248-TEEN (8337)
OUTSIDE ARIZONA/NATIONALLY
1-800-SUICIDE**