**My Warning Signs:**

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**My Coping Strategies:**

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**People/ Places I Can Go To For Support or Distraction:**

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**My Reasons to Live:**

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**Calls I can make: 9-1-1**

**AZ Crisis Hotline: 1-800-631-1314 or 602-222-9444**

**National Suicide Prevention line 1-800-273-8255**

**Chat**: <https://suicidepreventionlifeline.org/>