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| Barriers sheet | | |
| Embarrassment. | Worried about getting into trouble. | Worried about paying for help. |
| Don’t know where to find help. | Not wanting others to know they have a problem. | Worried about losing friends. |
| Not acknowledging they have a problem. | Religion or strong beliefs. | Not wanting to seem as if they have failed or are weak. |
| Your ideas | Your ideas | Your ideas |

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