

If someone is consistently unable to identify and connect with positive feelings at the end of the 5-step process, it would be appropriate to encourage them to seek specialized mental health support from a licensed professional. It is important to respect self-determination of the individual who may or may not choose to seek such specialized support. These types of specialized mental health support resources can be offered but not required. While the presence of positive feelings does not indicate the absence of psychological distress, the prolonged absence of positive feelings would be an appropriate indicator that additional support could be helpful.

All individuals who are participating in depopulation should be aware of the mental health resources that are available to them.

- Does your employer have behavioral health insurance benefits?
- Does your employer have an Employee Assistance Program?
- Free screening and referral resources available include:
 - ◆ screening.mhanational.org/screening-tools
 - ◆ suicidepreventionlifeline.org or call 988
 - ◆ samhsa.gov/find-help/disaster-distress-helpline

Mental health care, including consulting with mental health care professionals, is a part of sound self-care during and after a depopulation event.

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