**Debriefing Statement**

Thank you for your participation in this study. We appreciate your time and effort in contributing to our research.

We understand that some aspects of this study may have been stressful or emotionally challenging. If you are experiencing any distress, please know that your feelings are valid, and support is available.

If you have any concerns about your participation or feel uncomfortable in any way, we encourage you to reach out to the research team. You may also contact a licensed mental health professional or utilize the following resources:

**Support Resources:**

* **National Suicide Prevention Lifeline:** 988 or [www.988lifeline.org](https://988lifeline.org)
* **Crisis Text Line:** Text HOME to 741741 for free, 24/7 support
* **National Alliance on Mental Illness (NAMI) Helpline:** 1-800-950-NAMI (6264)
* **Saint Leo University students:** canspeak to a licensed therapist 24 hours a day, 7 days a week by calling **(352) 588-TALK (8244)** or email counseling@saintleo.edu to schedule an appointment.