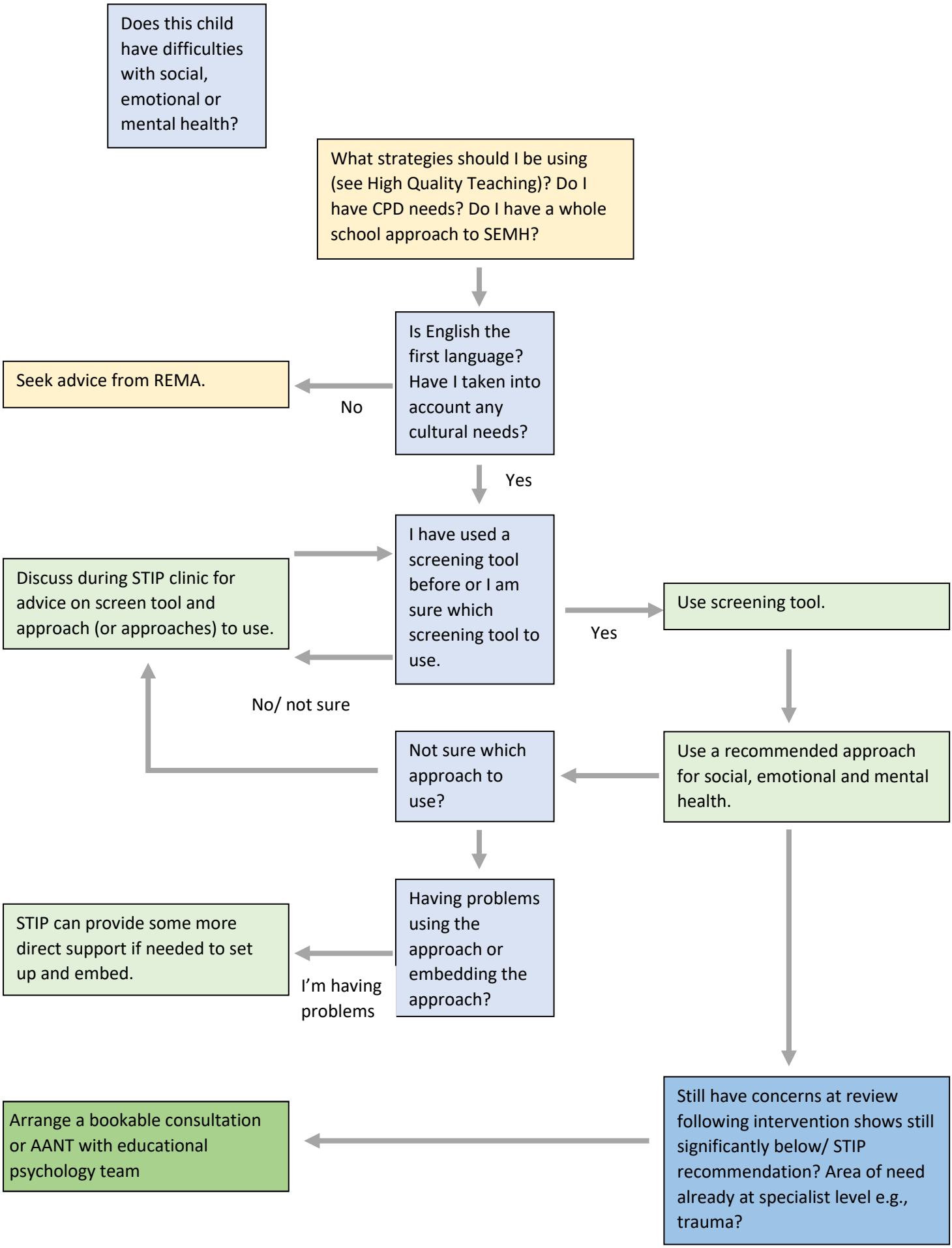Social, emotional and mental health decision making guide