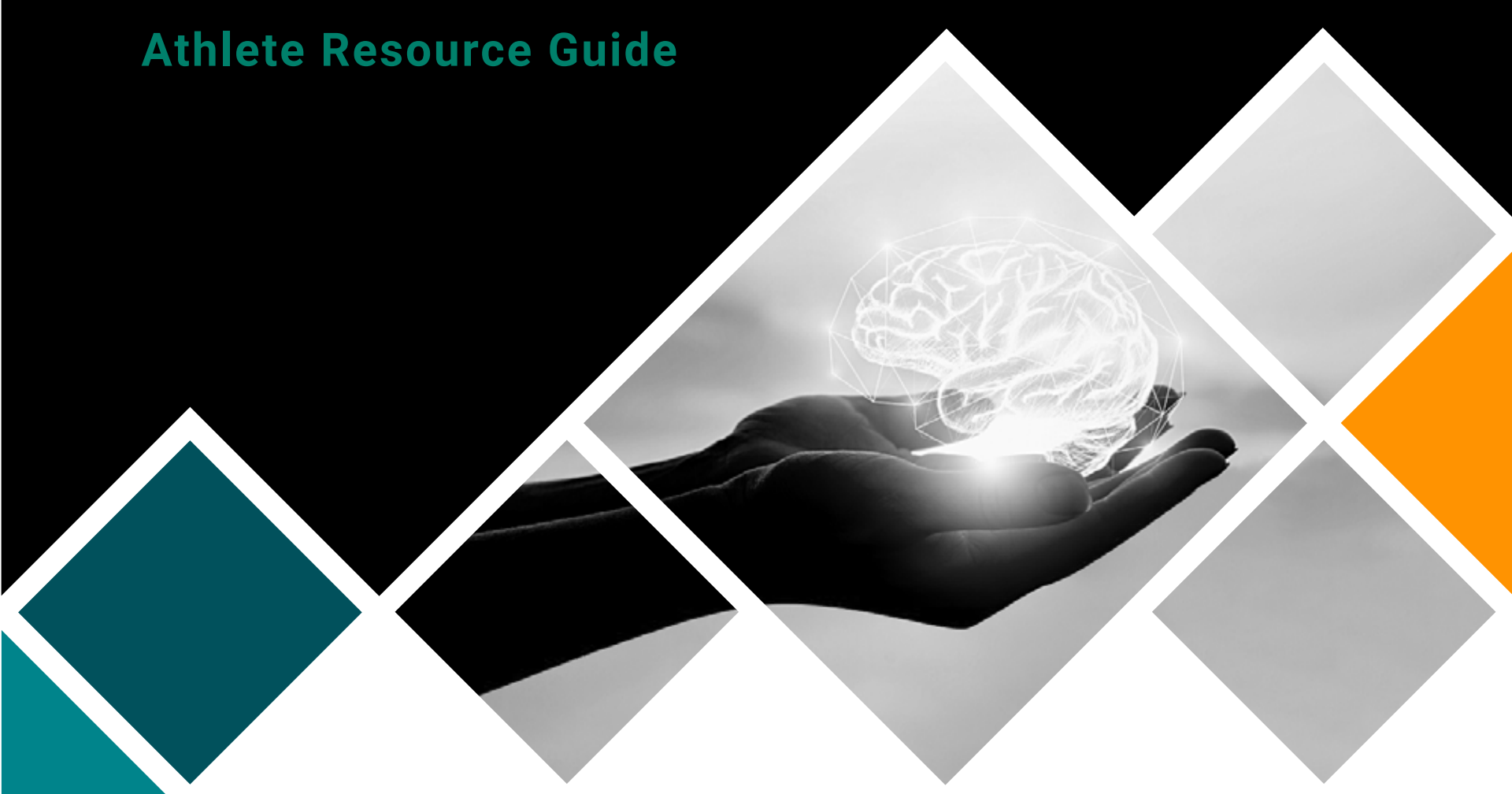


MENTAL HEALTH

Athlete Resource Guide



If you suspect an athlete or teammate is struggling with their mental health...

WHAT TO LOOK FOR



! Important to pay attention to the frequency, intensity, and duration of these symptoms

Emotional

- + Feelings of apprehension or dread
- + Feeling tense or jumpy
- + Restlessness or irritability
- + Persistent sadness or feeling "guilty"
- + Feelings of hopelessness/ "emptiness"
- + Physical aches & pains
- + Suicidal Thoughts
- + Lack of interest in activities

Behavioral

- + Failure to complete daily responsibilities
- + Social withdrawal/isolation
- + Dramatic changes in:
 - Academic/Athletic Performance
 - Sleep
 - Appetite
 - Concentration
 - Energy
 - Behavior

Mental

- + Impaired concentration
- + Impaired judgment or decision making
- + Difficulty remembering things
- + Chronic worrying or ruminating thoughts

WHAT TO SAY



- + I am here for you
- + It's ok to not be ok
- + I'm here to help
- + Who else can support you?
- + Your feelings are valid
- + There is help if you need it
- + I'm sorry you are struggling right now
- + You are important
- + Have you talked to your primary care physician?
- + What can I do for you?
- + Can I sit with you?

WHAT TO DO



If you are struggling, you can

- + Actively seek out treatment & develop a plan that works for you
- + Practice daily self-care
 - Get plenty of restful sleep
 - Recognize & Challenge negative thoughts
 - Practice deep breathing & relaxation exercises to manage physical symptoms
 - Reach out to a trusted friend, coach or loved one if you have concerns

If someone you know is struggling, you can

- + Meet with them, ensure privacy, and listen to their story without judgment
- + Encourage them to seek help by expressing genuine concern and compassion
- + Reach out to a trusted friend, coach or loved one if you have concerns for a teammate/friend

RESOURCES



SAMHSA Treatment Referral Helpline

1-877-SAMHSA7 (1-877-726-4727)

Get general information on mental health and locate treatment services in your area. Speak to a live person, Monday through Friday from 8 a.m. to 8 p.m. EST.

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or Live Online Chat

If you or someone you know is suicidal or in emotional distress, contact the National Suicide Prevention Lifeline. Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

Self-Care Strategies Handout

https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf?fbclid=IwAR0zN7V8VyBVqxIfIAzmUsBQ-Z5oXo185Cd6LFHMHk-xhHUTWQla5k6CoZE

Text STEVE to 741741

If you are a young person of color who is feeling stressed, depressed, or anxious, please know you can text STEVE to 741741 to connect with a trained crisis counselor 24/7. The link for additional information is located here, including a PDF and JPG version of this information for social media use: <https://www.stevelfund.org/crisistextline/>

Sanvello App

<https://www.sanvello.com/>

The #1 app for stress, anxiety, and depression with over 3 million users. Free premium access through the COVID-19 crisis.