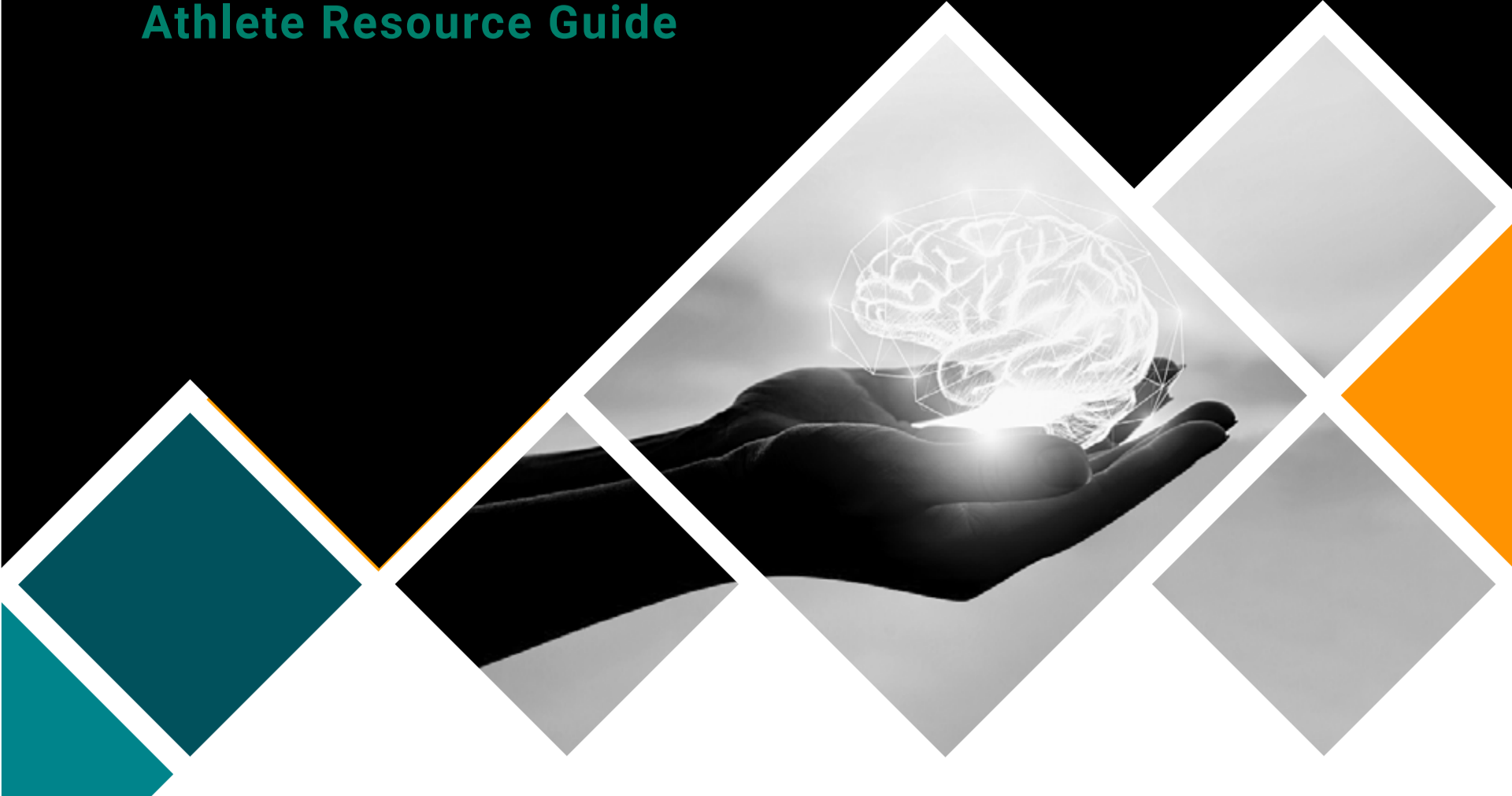


MENTAL HEALTH

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

Mental

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

Behavioral

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

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.

988 Suicide and Crisis Lifeline

Call or Text 988

www.988lifeline.org

This 24/7 free resource provides confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

The Trevor Project

Text 678-678 or Call 1-866-488-7386

www.thetrevorproject.org

If you are a member of the LGBTQ+ community in need of support, The Trevor Project is free and available 24/7 to provide you with call, chat, or text support. Their website also offers a free variety of resources on topics such as gender identity, mental health, community, and more.

Melanin & Mental Health

www.melaninandmentalhealth.com

This website provides the members of the Black community with a myriad of free mental health resources including podcasts, book recommendations, mental health influencers to follow, and more. It also can direct you to a therapist in your local area and offers free in between sessions guidance.

National Queer & Trans Therapies of Color Network

www.nqttn.com

Sitting at the intersection of the mental health field and movements for social justice, NQTTCN offers free community resources such as crisis hotlines, online support, and organizations who specialize in mental health for People of Color who are a part of the LGBTQ+ community.

Aakoma Project

www.aakomaproject.org

If you are a young adult in the BIPOC community who is in need of mental health resources, the Aakoma Project offers workshops, personal therapy, videos, toolkits, and articles designed to help.

Inclusive Therapists

www.inclusivetherapists.com

Inclusive Therapists offers a safer, simpler way to find a culturally responsive LGBTQ+ affirming, social justice-oriented therapist. They center around the needs of Black, Indigenous, People of Color, members of the QTBIPOC community, Neurodivergent individuals and those who are disabled. They offer various forms of therapy, as well as reduced fee therapy and low-cost/ non-profit services.

The Courage First Athlete Helpline

Call or text 888-279-1026

www.athletehelpline.org

Specialized sports crisis counselors are available to chat Monday- Friday from 12 pm - 8 pm PST for athletes, coaches, parents, and anyone in the athletic community who is experiencing emotional, physical, or sexual abuse.