

# ATHLETE MENTAL HEALTH BILL OF RIGHTS



**35%** Elite athletes experience mental health disorders

**33%** Collegiate athletes experience mental health challenges.

**85%** Collegiate athletic trainers who report the student athletes they serve experience anxiety and depression.

**We recognize the current legislation is not yet to standard to address these issues. Here are a few current state and local examples:**

## **S.4724 - College Athletes Bill of Rights**

117th Congress (2021-2022): To protect the rights of college athletes and to establish the Commission on College Athletics

## **Maryland 2023 Regular Session - H.B.375**

This bill requires each public school in the State that offers a mainstream athletic program and each public institution of higher education that offers an athletic program to provide specified mental health training to each participating coach

## **National Student Athlete Mental Health Week Resolution (Oct 2-8, 2022)**

Supporting student-athlete mental health week

**We are asking you to sponsor or support bills within your state or federally recognizing legislation that aligns with these rights for athletes:**

- Healthy bodies and healthy body images
- Support in career transition
- Adequately manage injury
- Mental health support for performance on and off the field
- Timely referrals to mental health experts for psychological disorders and conditions
- Training, education and awareness focused upon the importance of mental wellness, identifying mental health conditions, and finding mental health resources.
- Coaches and trainers who are trauma informed, and have some level of mental health training.
- Equal and equitable access to mental health



**THE HIDDEN OPPONENT**



**Call to Action: Join our national athlete mental health coalition to create positive change for millions of athletes!**

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