

Athlete



MENTAL HEALTH

ADVOCACY DAY

STATISTICS

Suicide is the second most common cause of death for the student-athlete population.

The proportion of deaths by suicide have doubled over the last 20 years for student athletes going from 7.6% to 15.3%.

35%

of elite athletes suffer from disordered eating, burnout, depression, and/or anxiety

Only 10%

of all college athletes with known mental health conditions seek care from a mental health professional

Our Ask

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 on 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 screenings, treatment and education
- Confidential access to mental health services
- Support for athletes, coaches and teams after loss of life
- Funding towards impact and outcomes research on athlete mental health
- Positive and healthy coach to player relationships



Current Legislation

- **S.2966 Targeting Emotional and Mental Stability Act (TEAMS):** This legislation seeks to amend the Garrett Lee Smith Campus Suicide Prevention Grant to encourage programs to address college-athlete mental health. It would allow universities to seek funding for creating and maintaining programs for athletes, including peer-to-peer counseling, crisis lines and campus-wide outreach addressing the stigma of seeking mental health services.
- **AB 1575 - aka Katie Meyer's Law:** Postsecondary Education: Students Code of Conduct: Advisors - Seeks to mandate California public postsecondary institutions provide students with the right to an Outside The University Adviser of their choice upon receiving notice of alleged violations and administrative conflicts (i.e. Disciplinary charges, Title IX, academic) with the aim of student well-being through trusted personal support to achieve a productive and appropriate resolution of the allegation.
- **OH HB 33 - Sec. 3313.5318:** Requires all high school athletic coaches at a school or institution regulated by the Ohio High School Athletic Association to complete mental health training approved by the Department of Mental Health and Addiction Services.
- **MD HB 204 & SB 165 - Coaches - Education - Mental Health Training:** Requires the State Department of Education and the Maryland Higher Education Commission to train coaches in recognizing indicators of mental illness and behavioral distress in students who participate in athletic programs in public schools and public institutions of higher education. Requiring a public institution of higher education that offers an athletic program to provide certain mental health training to coaches.
- **PA HB 1367 - Student Mental Health Awareness:** Requires (1) the State Departments of Health & Education to jointly develop or identify a list of resources for schools to provide Mental Health awareness education. (2) The Department of Education must post the above on their website. (3) Schools must notify all "relevant individuals" twice each school year of mental health services available within the school or community and how they may be accessed. (4) PIAA coaches complete mental health awareness training. (5) If a student's participation in an extracurricular is interrupted the schools "student assistance program" must be notified, upon notification the student assistance program" must at a minimum provide information on mental health services.
- **VA SB 395 - Public Elementary & Secondary Schools:** Student athletes, Pre-participation Mental Health Assessment - The bill mandates that public elementary and secondary school student athletes must undergo a pre-participation mental health assessment, requiring a signed report from a licensed medical professional attesting to both physical and mental health examinations within the preceding year, with provisions extending to membership eligibility in interscholastic programs
- **LA SB 59 - Requires Student Athletes Access to Mental Health Counseling at Educational Institutions:** Ensures mental health support for student athletes in high schools and colleges. This mandates the provision of certified counselors available to athletes upon request and annual reports on program effectiveness.



Previous Legislation

- **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
- **National Student-Athlete Mental Health Week Resolution:** (Trone, Sept 30-Oct 7, 2023) Supporting student-athlete mental health week

Partners

- Alston for Athletes
- The Center for Healing and Justice Through Sport
- The Hidden Opponent
- Morgan's Message
- Hilinski's Hope
- Learn 2 Listen
- Katie's Save
- Active Minds
- American Psychiatric Association Foundation
- Deloitte
- Grassroots Health
- Sarah Shulze Foundation
- Check on Your Strong Friends Foundation
- Alliance of Social Workers in Sports
- Samford University and Center for Sport Analytics



www.athletesforhope.org

contact@athletesforhope.org

