

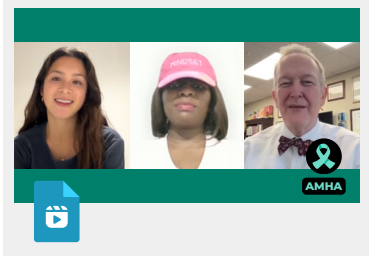
ATHLETE MENTAL HEALTH WEEK 2025

# Resource Hub

Tools & Support for Stronger Mental Well-Being



# Social Justice



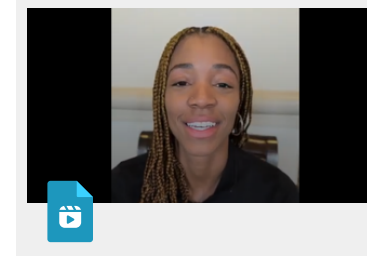
**AMHA Chairs and Co-Chairs**  
Featuring Dr. Rob Elsner (Research Committee), Doria Josma (Legislative Committee), and Katlyn Lyle (Athlete Advisory Committee)



**AMHA & Legislative Change in Sports and Mental Health**  
Featuring Dr Rob Elsner as moderator, with Doria Josma, Steve & Gina Meyer, and Jacque Arnett



**From Locker Rooms to Boardrooms: How Former Athletes Are Driving Change in Organizations**  
Featuring Dr. Kate Cummins, PsyD, MA, as moderator, along with Greg Milnarik; Kelsey O'Conno; Mina Marie Anglero, MA; Lucia Gargicevich-Almeida; Maddie Mooney



**Black History Month - Education and advocacy for black student athletes.**  
Featuring Capri Richardson



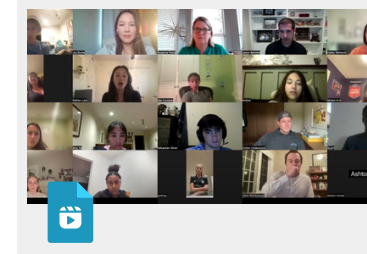
**Legislative Research Guide, Athletes for Hope**  
List of reliable platforms and resources for tracking U.S. legislative bills on mental health.



**Write to Your State Senator/ Representative, Athletes for Hope**  
How to Guide with step by step and sample letter



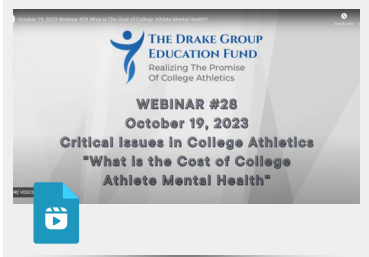
**Katie Meyer's Law (CA)**  
A bill that guarantees accused students in California public colleges the right to a trained adviser during conduct proceedings



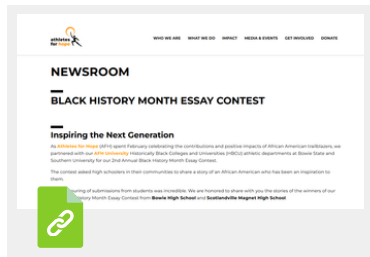
**Advocacy Panel, Athletes for Hope**  
Featuring Colton Underwood and Kaitlyn Lyle (WBA Ambassador)

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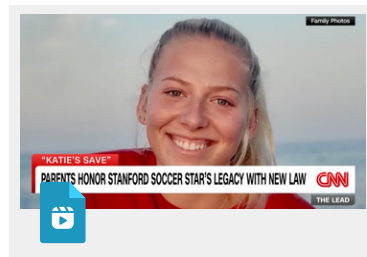
# Social Justice



[What is the Cost of College Athlete Mental Health?, The Drake Group Education Fund](#)  
Critical Issues in College Athletics, "What is the cost of college Athlete Mental Health"



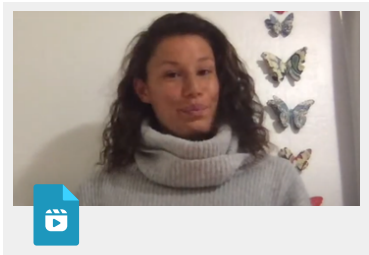
[Black History Month Essay Contest, Athletes for Hope](#)  
Read inspiring African American stories



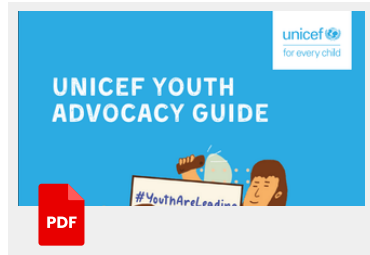
[How Katie Meyer's Law Helps College Students in Crisis, CNN](#)  
Parents, Gina & Steve Meyer, passing new law within Athlete Mental Health



[Understanding Advocacy and Action, Learning to Give](#)  
This whiteboard video defines and shows the power of advocacy and action



[Who Is Black? by Rosa Clemente](#)  
A poem highlighting personal experiences, the "one-drop rule" in America, and the importance of continuous education



[Youth Advocacy Guide, UNICEF](#)  
Supporting you along your advocacy journey

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# Stress & Trauma



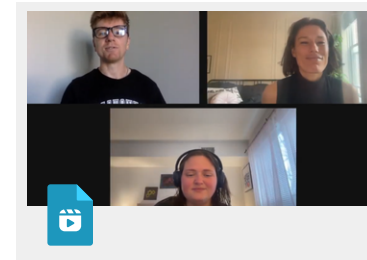
**Trauma: The Invisible Wound in Sport**  
Featuring Jorge Aguilar MD PhD  
Sport Psychiatrist



**"A Day in the Life of an Athlete: Trauma, Stress, and " Hosted by Koomba**  
Featuring WBA ambassador Alice Merryweather and Dr Allie Don Sing



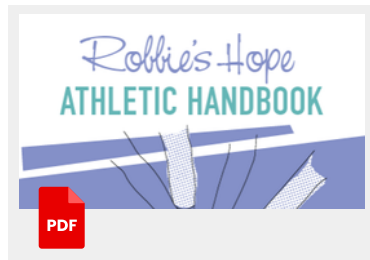
**Eating Disorders and Athletes Panel**  
Featuring WBA Ambassador Alice Merryweather, Dr Allie Don Sing, and Dr. Mark Allen



**Navigating New Beginnings**  
AFH's Whole Being Athlete Ambassador Mina Marie Anglero sharing her journey of identity formation beyond sports.



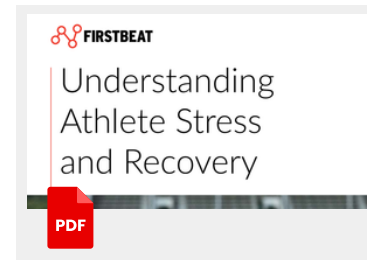
**Mental Well Being Tool Box, Together For Mental Health**  
Build your mental health "Toolbox" with daily practices for a healthier, more meaningful life



**Athletic Handbook, Robbie's Hope**  
For athletes, parents, and coaches to raise awareness and spark conversations on mental health in sports



**Coach & Athletic Trainer Toolkit, NEDA Feeding Hope**  
Toolkit helping coaches and trainers identify and address disordered eating risks in athletes



**Understanding Athlete Stress and Recovery, First Beat**  
Training matters, but recovery is just as crucial. Helping athletes optimize performance and avoid injury

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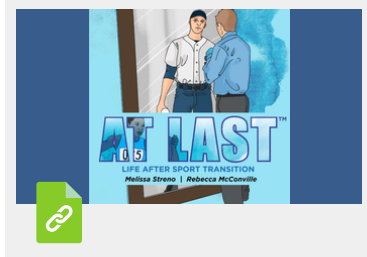


# Stress & Trauma



## [Treating Athletes with Eating Disorders, Kate Bennett](#)

Bridging the Gap between Sport and Clinical Worlds



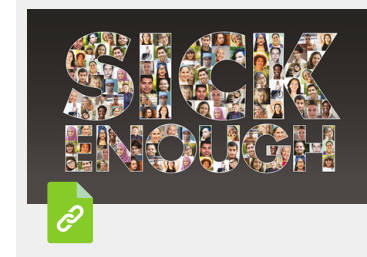
## [At Last: Life after Sport Transition, Dr. Melissa Streno](#)

This workbook helps athletes transition from "now what?" to a fulfilling life after sport, addressing challenges in identity, relationships, and routines



## [What You Need to Know about Eating Disorder, Jessica Bartley, Melissa Streno](#)

Offering accessible information on eating disorders, aimed at teens and young adults who are most at risk



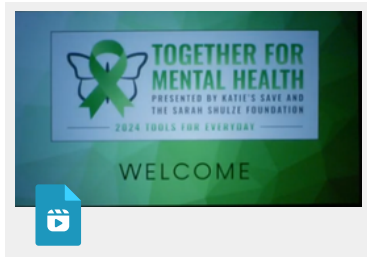
## [Sick Enough: A Guide to the Medical Complications of Eating Disorders](#)

Offering accessible medical guidance for patients, families, and healthcare providers



## [Journaling Your Way To Better Mental Health, Athletes for Hope](#)

Sierra Enge of San Diego Wave FC shares how journaling supports her mental health and offers tips for beginners



## ["Everyday Tools for Mental Health", Together For Mental Health](#)

Featuring talks by Brandon Saho, Emily Perrin, Naomi Girma, Kennedy Wesley, Alyssa and Gisele Thompson, Maddie Mooney and Victoria Hiegenthal



## [Alice Merryweather, Denver 9news](#)

Olympian Alice Merryweather shares her struggle with eating disorder

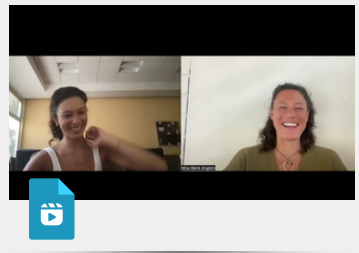


## [Alice Merryweather, Psychiatrist.com](#)

Eating Disorders May Be More Prevalent, Harder To Diagnose In Athletes

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# Stress & Trauma



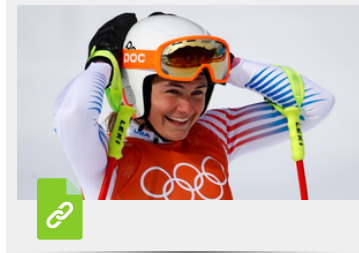
## [Finding Home Beyond Sports: Overcoming Injury & Rediscovering Self](#)

Overcoming Injury & Rediscovering Self with WBA Ambassadors Kaitlyn Lyle and Mina Anglero



## [Alice Merryweather, Athlete Restoration Co.](#)

Olympic Skier Alice Merryweather on Training, Mental Resilience, & Eating Disorders



## [Alice Merryweather, The Washington Post](#)

An Olympic skier's battle with anorexia: I didn't really realize I had a problem



## [Alice Merryweather, Colorado Public Radio](#)

For Olympic athletes, the hurdles aren't only literal, there are mental obstacles as well



## [Nothing Heals Like Sport, NHL](#)

Coaches prioritize athletes' success but need better support—this playbook provides the tools to enhance their impact



## [The Safe Exercise at Every Stage](#)

Athlete (SEES-A) Guideline



## [Athletes' Soul](#)

Supporting Athletes Beyond Sport

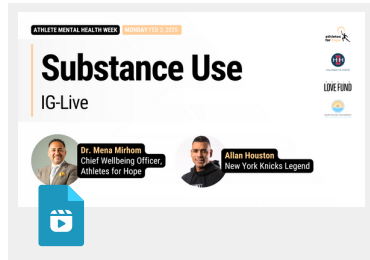
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# Social/Spiritual Support



## Men's Mental Health

Featuring Rohan Piple, Quentin Williams, Brandon Saho, Ryan Hilinski. Moderated by Mena Mirhom, MD, FAPA (AFH)



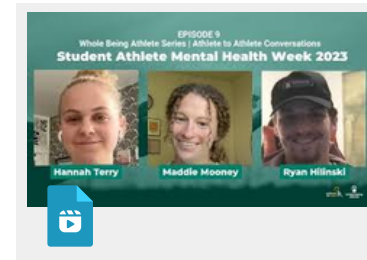
## Knowing Your Value

Listen to Allan Houston sharing his personal experiences with mental health, the importance of holistic well-being in sports.



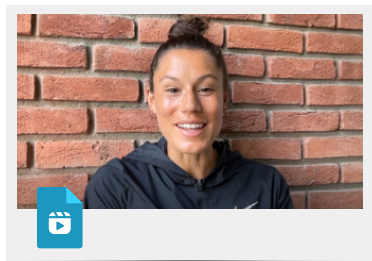
## APAF Panel

Featuring Dr. Derek Suite, Jordan Harris, Vedrana Hodzic, and Mena Mirhom MD AFH



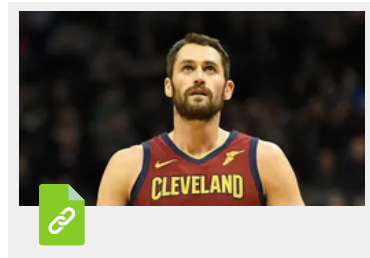
## Student-Athlete Mental Health, Whole Being Athletes Series Ep. 9

Join AFH student-athletes as they discuss mental health advocacy and how to get involved



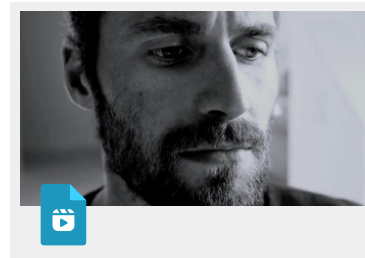
## You Are Not Alone: Sharing Stories of Challenges and Hope

Featuring Mina Marie Anglero - Sharing a space for open, heartfelt conversations about health struggles—physical, mental, and spiritual—where we break stigma, build community, and find strength in shared stories.



## "Everyone is Going Through Something." The Players Tribune

Kevin Love's letters remind us: You're not alone in the struggle.



## Navigating Anxiety & Depression

Listen to Kevin Love sharing his story



## The Athlete Emergency Room AthleteER

A supportive community where people could openly share, learn, and grow together

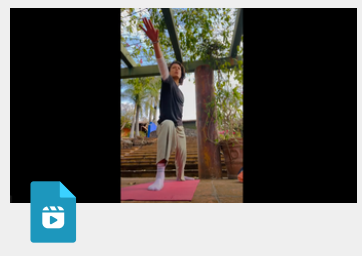
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# Social/Spiritual Support



## [FREE Mental Health Curriculum, The Kevin Love Fund](#)

18-lesson plan curriculum customized for middle school, high school, and college students to support mental health.



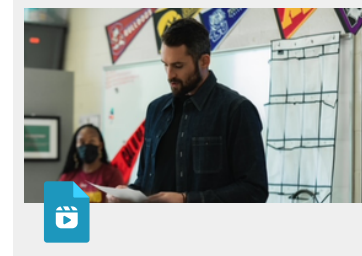
## [It's More than Mental Health](#)

Featuring Mina Marie Anglero-- 4 reasons why our current mental health narrative falls short.



## [College Athletes & Suicide Prevention: A Collaborative Autoethnography, Journal of Issues in Intercollegiate Athletics](#)

How training athlete peers can have a an impact on athlete help-seeking



## [Kevin Love Fund Student-Athlete Mental Health Panel, Kevin Love Fund](#)

Normalizing mental health in sports through athlete-led conversations.

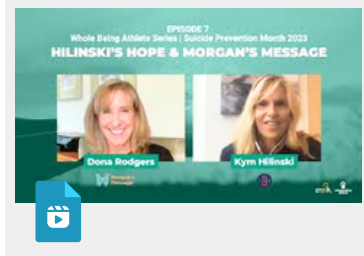
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# Suicide Prevention



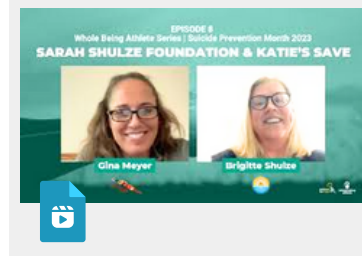
## [Suicide Prevention Month, Whole Being Athlete Series Ep. 5](#)

Focusing on destigmatizing suicide and mental health in sports, sharing personal stories from our incredible panelists



## [Suicide Prevention Month, Whole Being Athlete Series Ep. 7](#)

Discussion on student-athlete mental health, suicide prevention, and navigating loss



## [Suicide Prevention Month, Whole Being Athlete Series Ep. 8](#)

Discussing mental health, suicide prevention, and how to get involved in their foundations



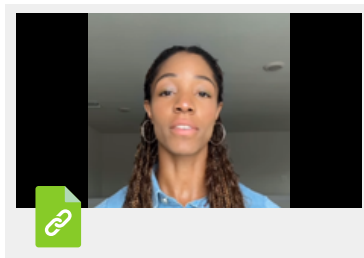
## [Honoring Tyler Hilinski](#)

Join us in a heartfelt gathering as we commemorate the seventh anniversary of Tyler's passing



## [Free QPR Suicide Prev Training, Athletes for Hope](#)

Three steps anyone can learn to help prevent suicide



## [Suicide Awareness, First Contact Counseling LLC](#)

Featuring Capri Richardson, MA, LPC Associate I Supervised by Angela Bulls I Owner and Founder of First Contact Athletic Counseling PLLC I Former Pro & Div 1 Athlete



## [Risk factors for suicidal thoughts and behaviors](#)

A meta-analysis of 50 years of research, APA PsycArticles



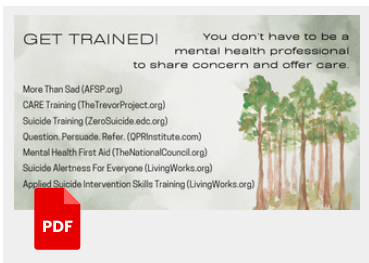
## [Start a Conversation about Suicide](#)

Click to read more about suicide prevention and how to have a conversation.

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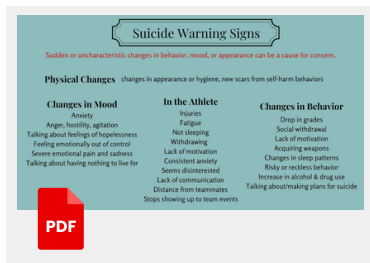
# Suicide Prevention



[Get Trained!](#)  
You don't have to be a mental health professional to share concern and offer care



[Community Card Coaches](#)  
Click to view content.



[Suicide Warning Signs](#)  
Click to view content.

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# Sleep



## [Sleep and Recovery "From Locker Rooms to Boardrooms"](#)

Featuring Greg Milnarik, Kelsey O'Conno, Mina Marie Anglero, Lucia Gargicevich Almeida, Maddie Mooney, Dr. Kate Cummins, PsyD, MA



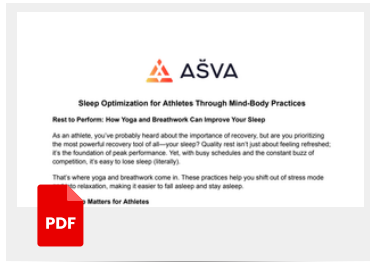
## [Tools to Refuel: The Mental & Physical Recovery Your Game Needs hosted by Onrise](#)

Featuring Dr. Kim Quigley; Kayla Jeter; Kendra Coleman; Tasha Saunders; Derrick Furlow Jr.; Alexis Hornbuckle



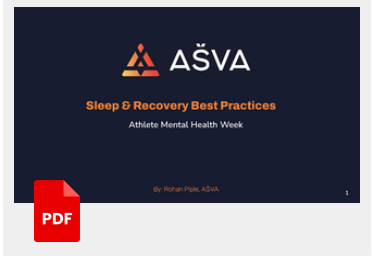
## [Workshop with ASVA](#)

Featuring Rohan Piple, founder of ASVA



## [Sleep Optimization for Athletes Through Mind-Body Practices](#)

Content created by ASVA



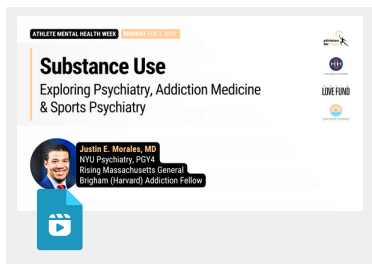
## [Sleep & Recovery Best Practices](#)

Content created by Rohan Piple, ASVA

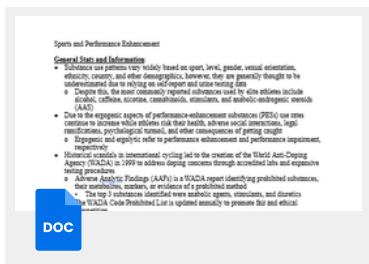
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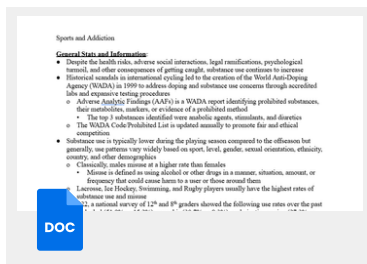
# Substance Use



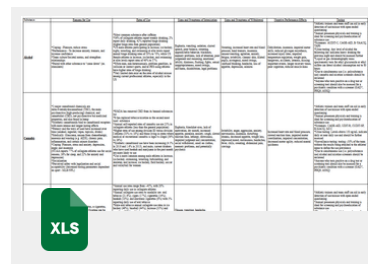
**Workshop on SUD & Performance Enhancing Drugs**  
Featuring by Justin E. Morales, MD  
NYU Psychiatry, PGY4  
Rising Massachusetts General  
Brigham (Harvard) Addiction Fellow



**Sports & Performance Enhancement**  
Created by Justin E. Morales, MD -  
click to read more.



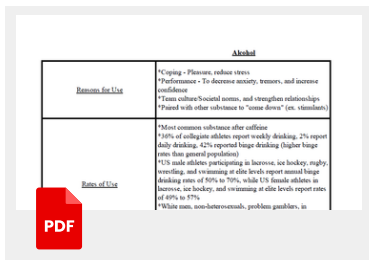
**Sports Addiction**  
Created by Justin E. Morales, MD -  
click to read more.



**Sports Addiction - Signs and Symptoms Table**  
Created by Justin E. Morales, MD -  
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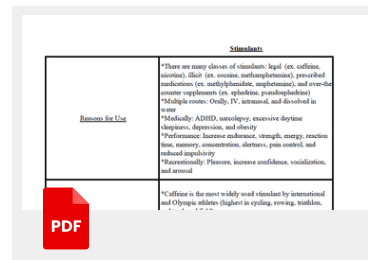
**Sports, Drugs, and Addiction**  
Created by Justin E. Morales, MD -  
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**Alcohol Signs & Symptoms**  
Created by Justin E. Morales, MD -  
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**Tobacco/Nicotine Signs & Symptoms**  
Created by Justin E. Morales, MD -  
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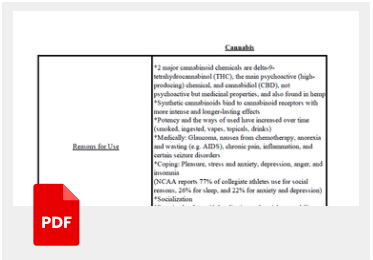
**Stimulant Signs & Symptoms**  
Created by Justin E. Morales, MD -  
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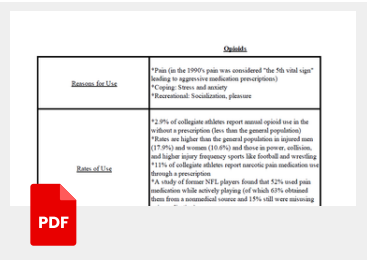
# Substance Use



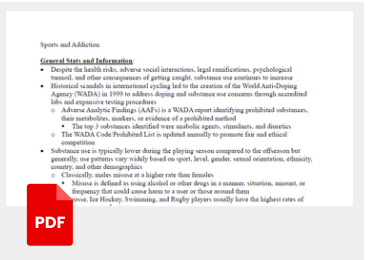
[Sports & Performance Enhancement](#)  
Created by Justin E. Morales, MD - click to read more.



[Cannabis Signs & Symptoms](#)  
Created by Justin E. Morales, MD - click to read more.



[Opioid Signs & Symptoms](#)  
Created by Justin E. Morales, MD - click to read more.



[Sports Addiction](#)  
Created by Justin E. Morales, MD - click to read more.

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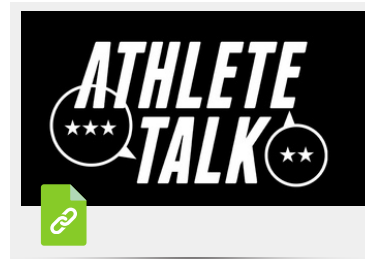
# Social Media



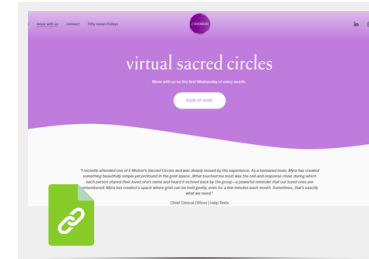
**The Mental Game of Social Media**  
Featuring sports reporter Brandon Saho.



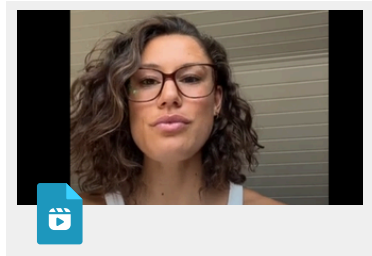
**AMHW "Social Media" - Voice of a High School Student Athlete in 2025**  
Featuring Abby Skim



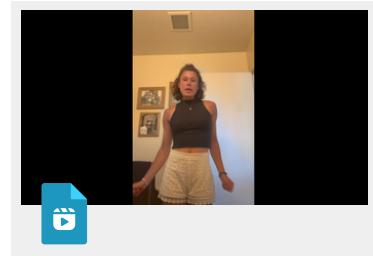
**Athlete Talk**  
A mental health & wellness app that uses image-based daily posts, multi-day plans and videos to engage athletes in daily reflection and applied exercises



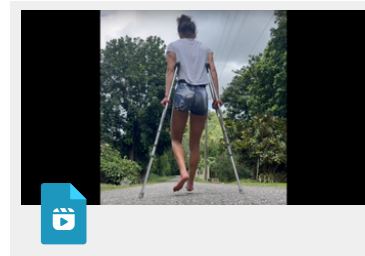
**Virtual Sacred Circles**  
E-Motion Inc. hosts short, monthly gatherings held via Zoom—free and open to anyone seeking a brief but meaningful encounter with their grief. Each session lasts under 15 minutes.



**My Master's Research on Student-Athlete Well-being: Abstract (1.0)**  
A qualitative master's research paper written by Mina Marie Anglero



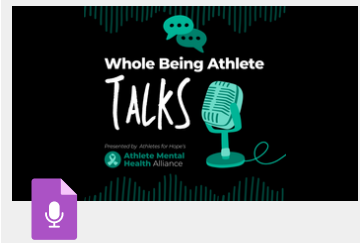
**Student-Athlete Experience, Thoughts & Reflections**  
A vulnerable conversation in the "My Body and the Self" project, encouraging others to connect with their own well-being, by Mina Marie Anglero



**Episode 1: First journal note #4DaysTravel**  
Featuring Mina Marie Anglero

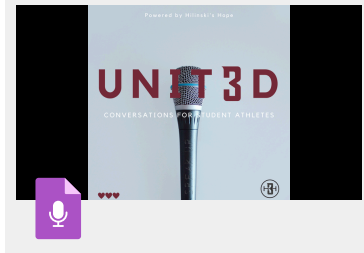
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# Podcast Hub



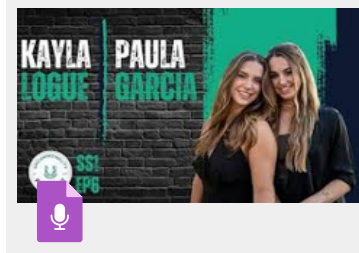
## [Whole Being Podcast](#)

Amplifying athletes' mental health stories. Presented by AMHA and AFH's Whole Being Athlete program.



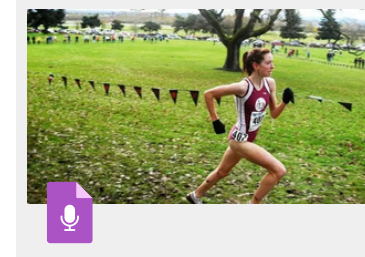
## [TUNIT3D Podcast: Conversations for Student-Athletes](#)

Hosted by Dr. Josie Nicholson of Ole Miss, where sport psychologists and mental health professionals team up to hold conversations for student athletes on mental health



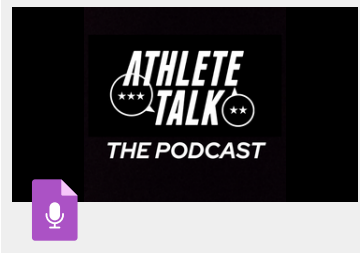
## [Kayla Logue & Paula Garcia | Mind, Spirit, Body & More](#)

Valuable insights including the why behind Move Into Words, and very raw/relatable personal stories and perspectives that can be helpful for all listeners



## [Rachel Steil, Unit3d podcast](#)

Athletes' drive to succeed is admirable, but it can sometimes lead to a harmful "whatever it takes" mentality



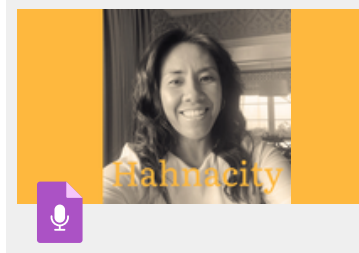
## [Athlete Talk, The Podcast](#)

Join college soccer player Hunter Santoscoy as he host many different athletes and learn their life stories of playing sports.



## [10.0 Talk, Kaitlyn Lyle Podcast](#)

Reprogramming the pursuit of perfectionism by humanizing sports and those who make it so great.



## [Joy Hahn Silva Millora, Hahnacity the Podcast](#)

Joy Hahn Silva, personal trainer, nutritionist, and advocate for athlete wellness.



## [The Appetite Podcast, Opal Food Body Wisdom](#)

The Appetite is an eating disorder podcast about all things food, body, movement, and mental health

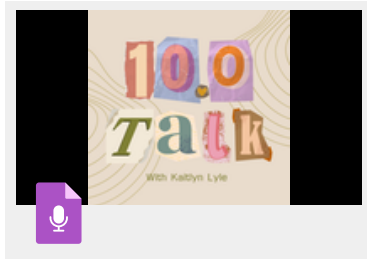
- 01 Social Justice
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# Podcast Hub



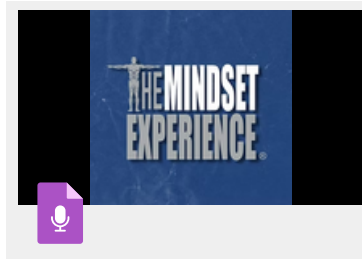
## [Athletaxx by Abby Kim](#)

A podcast dedicated to women in sports. We aim to inspire through tales of unwavering perseverance and openness about mental health.



## [10.0 Talk, Kaitlyn Lyle Podcast](#)

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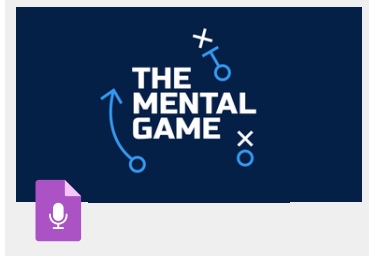
## [The Mindset Experience](#)

A personal growth and development podcast by The Hidden Opponent



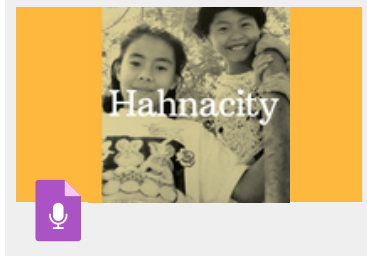
## [Rx to Feel](#)

A self-guided audio series by E-Motion designed to support individuals in moving with—rather than away from—grief and other hard things. Created to be experienced while in motion, such as on a walk, run, or bike ride.



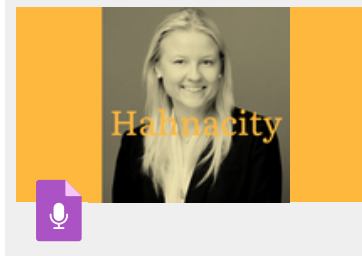
## [The Mental Game Pod](#)

A mental health podcast with athletes, musicians, and celebrities. Our goal is to save lives with these conversations.



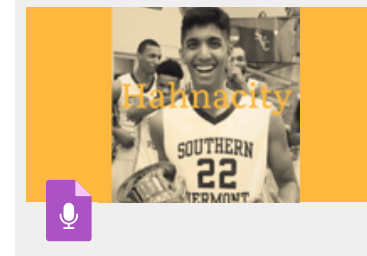
## [Kimchi Club, Hahnacity the Podcast](#)

Walk down memory lane, ease worries, and highlight great coaching.



## [Allie Tillinghast, Hahnacity the Podcast](#)

Ryan Sheehan, Pan American medalist and advocate for gymnastics reform.

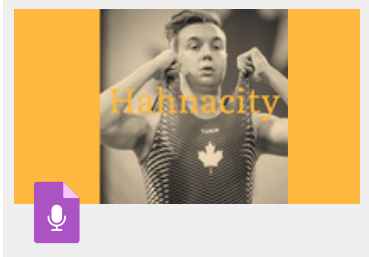


## [Rohan Piple, Hahnacity the Podcast](#)

Rohan Piple, ASVA co-founder, shares his story on athlete wellness.

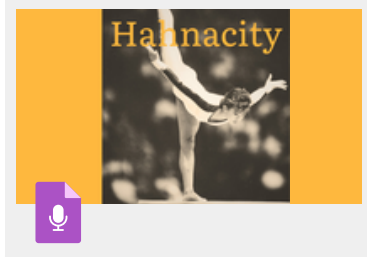
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# Podcast Hub



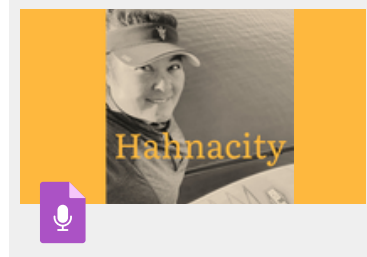
## [Ryan Sheehan, Hahnacity the Podcast](#)

Ryan Sheehan, a seven-time Pan American medalist, launched the Next Athlete Project to promote safer sports



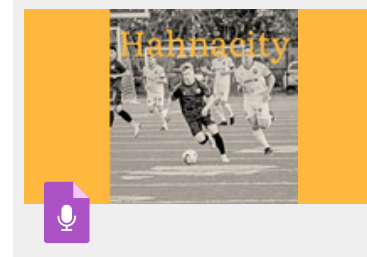
## [Sabrina Part I, Hahnacity the Podcast](#)

From champion gymnast to Emmy-nominated producer, Sabrina Mar inspires



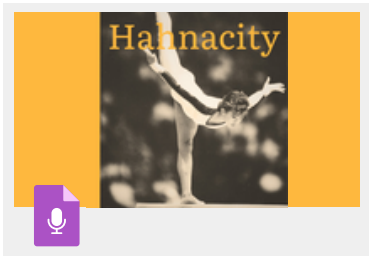
## [Shelby Canino, Hahnacity the Podcast](#)

Shelby Canino, nurse, former gymnast, coach, and mother of two.



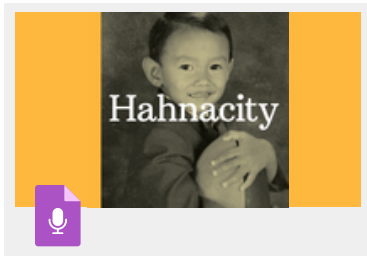
## [Blake Palmquist, Hahnacity the Podcast](#)

Blake Palmquist, former pro athlete and mental health advocate.



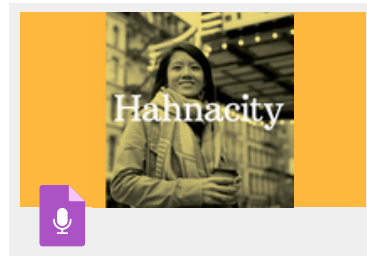
## [Sabrina Part II, Hahnacity the Podcast](#)

From champion gymnast to Emmy-nominated producer, Sabrina Mar inspires



## [Sibling Left Behind, Hahnacity the Podcast](#)

Joy's gymnastics career changes her family, affecting Jon and his childhood.



## [Karina's Story, Hahnacity the Podcast](#)

Karina Yan Glaser, NYT Bestselling author and Hahnacity community member.



## [Alicia Velez, Hahnacity the Podcast](#)

Alicia Velez, former athlete and psychotherapist, empowering injured athletes.

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# Existing Resource Hubs



## [Hilinski's Hope](#)

Hilinski's Hope Foundation promotes mental health awareness, education, and resources for student-athletes while working to eliminate the stigma surrounding mental illness.



## [First Harmony](#)

Science-led mindful energy therapy for optimal mental, physical, and spiritual well-being in sports.



## [Morgan's Message](#)

To amplify stories, resources and expertise to strengthen student-athlete mental health, build a community by and for athletes through peer-to-peer conversations and provide a platform for advocacy.



## [Sarah Shulze Foundation](#)

The Sarah Shulze Foundation honors Sarah's memory by advocating for mental health awareness, student-athlete well-being, and women's empowerment to create a more equitable future.



## [Athletes' Soul](#)

We are former and competing athletes paying it forward and learning from one another to thrive in life, not only in sports.



## [Whole Being Athlete](#)

From crisis hotlines to supporting teammates and mindfulness tips, there are many resources available to support mental health—an initiative by Athletes for Hope.



## [Athletes for Hope Media](#)

Learn more about what AFH Staff & Athletes are doing in their communities via podcast episodes, live streamed panels, TV interviews and more.



## [The Hidden Opponent](#)

The Hidden Opponent raises awareness for student-athlete mental health and addresses the stigma within sports culture.



## [Movement Community](#)

A movement-based grief group for individuals and communities navigating loss. Unlike traditional grief groups, these gatherings center around movement—walking, running, biking, or other forms of motion. Find a group near you or get trained to bring a Movement Community to your city, school, or organization.

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# Collaborating Partners of AMHW 2025



HILINSKI'S HOPE

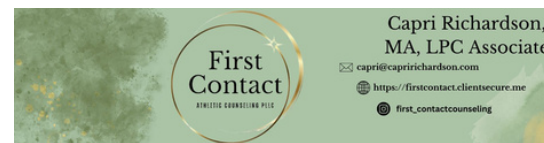
K E V I N  
LOVE FUND



Sarah Shulze Foundation  
— A Power for Good —



Montefiore  
Einstein



Capri Richardson,  
MA, LPC Associate  
✉ capri@capririchardson.com  
🌐 <https://firstcontact.clientssecure.me>  
📞 first\_contactcounseling



**DON'T MAKE IT WEIRD.**  
A MENTAL HEALTH RESOURCE FOR THE COMMUNITY, BY THE COMMUNITY

# Get Involved. Be Inspired.

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[www.athletesforhope.org](http://www.athletesforhope.org)  
[contact@athletesforhope.org](mailto:contact@athletesforhope.org)  
(980) 462-4189

@athletesforhope

