

Mental Health

You are more than an athlete. You matter.

Resources

Resources & Support

988 Suicide & Crisis Lifeline

<https://988lifeline.org/>

CALL 988 - Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, call 988

Crisis Text Line

<https://www.crisistextline.org/>

Need to vent? Text HOME to 741741 to connect with a live volunteer Crisis Counselor.

Domestic Violence & Sexual Assault

<https://rainn.org/help-and-healing/hotline/>

Call 703-777-6552 if you or someone you know has been sexually assaulted or abused

Eating Disorders

Get support or find out if you have an eating disorder here: <https://feast-ed.org/>

More Resources:

- Call 1-866-662-1235 for direct help!
- <https://www.nationaleatingdisorders.org/>

Wellbeing Center

Provided by Athletes for Hope: a hub of helpful resources!

<https://www.athletesforhope.org/center-for-athlete-wellbeing>

Substance Use & Drug Abuse

SAMHSA National Helpline: CALL: 800-662-4357

- 24/7 & 365 days a year Hotline

How We Can Support Each Other

LISTEN: create space for someone to talk without judgment.

NOTICE: Pay attention to changes in mood, behavior, sleep, eating, school, or enjoyment of sports.

CONNECT: Encourage them to reach out to a trusted adult or professional for support.



Please remember
you are not alone
and belong here!