



Mental Health Support For Student Athletes



Optimize the health and mental wellbeing of your student athlete!

- Sports performance pressure
- Perfectionism
- School and social stress
- Anxiety and ADHD
- Body image and body dysmorphia
- Confidence, motivation, and burnout

Meet Laura!

Laura understands the unique world your athletes live in – balancing wins, losses, team expectations, parents, school, and social media. She helps kids and young adults build mental skills and emotional resilience that support both performance and overall well-being.



Discover More!



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Live well. Stay awesome.



Laura Lim Sang, MSW