

Mental health athlete resource guide

If you suspect an athlete or teammate is struggling with their mental health use this as a guide for What to look for, What to say and What to do



WHAT TO LOOK FOR

Pay attention to the frequency, intensity and duration of these symptoms

Emotional

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Persistent sadness or feeling "guilty"
- Feelings of hopelessness/ "emptiness"
- Physical aches & pains
- Suicidal Thoughts
- Lack of interest in activities

Mental

- Impaired concentration
- Impaired judgment or decision making
- Difficulty remembering things
- Chronic worrying or ruminating thoughts

Behavioral

- Failure to complete daily responsibilities
- Social withdrawal/isolation
- Dramatic changes in:
 - Academic/Athletic Performance
 - Sleep
 - Appetite
 - Concentration
 - Energy
 - Behavior



WHAT TO SAY

- I am here for you
- It's ok to not be ok
- I'm here to help
- Who else can support you?
- Your feelings are valid
- There is help if you need it
- I'm sorry you are struggling right now
- You are important
- Have you talked to your primary care physician?
- What can I do for you?
- Can I sit with you?

WHAT TO DO



If you are struggling, you can

- Actively seek out treatment & develop a plan that works for you
- Practice daily self-care
 - Get plenty of restful sleep
 - Recognize & Challenge negative thoughts
 - Practice deep breathing & relaxation exercises to manage physical symptoms
 - Reach out to a trusted friend, coach or loved one if you have concerns

If someone you know is struggling, you can

- Meet with them, ensure privacy, and listen to their story without judgment
- Encourage them to seek help by expressing genuine concern and compassion
- Reach out to a trusted friend, coach or loved one if you have concerns for a teammate/friend



For help text 911 or 988
Text SAVE to 741741