

REACH OUT FOR HELP



MENTAL HEALTH RESOURCES

- For Emergencies, Call 911
- Suicide and Crisis Lifeline - Call or Text 988 or chat online at 988lifeline.org
- Crisis Text Line - <https://www.crisistextline.org/> | Text HOME to 741741
- "A Friend Asks" (mobile device app) - <https://www.jasonfoundation.com>
- Work2BeWell - Improving well-being and mental health of teens - <https://work2bewell.org/>
- NCAA Mental Health Resources - <http://www.ncaa.org/sport-science-institute/mental-health>
- Contact your local physician, they can help find mental health resources near you.
- Call your insurance provider for assistance on locating a mental health professional.
- Headspace - Mobile device app

SUPPORT RESOURCES

Remind students about the people in their lives that care about them and are also a resource for help:

- Friends/Teammates
- Coaches/Sponsors
- Teachers
- Parents
- School Counselors
- School Administrators
- School Nurse
- Athletic Trainer
- Local Pastors



Video Series

IT'S OKAY TO NOT BE OKAY