

Coaches' Mental Health Playbook

Studies show that over 30% of student-athletes report having a mental health condition, yet only 10% have received any kind of support. Coaches play a pivotal role in the lives of student-athletes and should feel equipped on how to handle mental health concerns as they arise.

Mental Health Concerns for Student-Athletes

- Specific conditions and quick description
 - Anxiety-normal until it turns chronic
 - Depression-persistent sadness
 - Eating disorders-anorexia nervosa, bulimia, binge eating
 - Substance abuse-alcohol consumption is most prevalent

Coaches' Role in Supporting Mental Health

- You are not a mental health provider, but you can offer support
- Tips for effective support:
 1. Build connections with athletes
 2. Demonstrate curiosity and ask questions
 3. Be aware of external influences on athletes
 4. Build a referral network: School counselors/social workers, parents & AT's

Creating a Culture of Mental Wellness

- Accept mental health struggles and removing stigma
- Encourage hard work and discipline
- Nurture athletes by understanding their strengths and weaknesses
- Promote healthy habits: sleep, nutrition, balanced lifestyle
- Foster a sense of identity beyond being an athlete