

## WARNING SIGNS OF DISTRESS

Experiencing one or more of the following feelings or behaviors could be an indication of an early warning sign of a mental health concern:

- Eating or sleeping too much or too little
- Withdrawal from people and usual activities
- Decreased motivation
- Having low or no energy
- Feeling helpless or hopeless
- “Snapping” at others
- Crying episodes
- Feeling unusually on edge, angry, confused, scared, or worried
- Smoking, drinking, or doing drugs more than usual
- Thinking of harming yourself or others
- Having unexplained body aches or pains
- Working harder, but getting less done

## EMERGENCY & CRISIS RESOURCES

**Emergency (police, fire, medical)**  
911

### Crisis Text Line

Texts answered by trained, supervised volunteer counselors within a few minutes of your texting; Text [HOME](#) to 741741 from anywhere in the USA, any time, about any type of crisis; If you are a person of color who would like to text with another person of color, text [STEVE](#) to 741741.

**Rape, Abuse & Incest National Network (RAINN)**  
(800) 656-4673 (800-656-HOPE)

**National Domestic Violence Hotline**  
(800) 799-7233 ([800] 799-SAFE);  
(800) 787-3224 (TTY)

**National Suicide Prevention Lifeline**  
(800) 273-8255 ([800] 273-TALK)

**The Trevor Project**  
Crisis resources for LGBTQI youth and young adults. (866) 488-7386 ([866] 4-U-Trevor)

**Veterans Crisis Line**  
(800) 273-8255 and press “1”



# THE SPORTS MENTAL HEALTH AND WELLNESS PLAYBOOK



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# COMPETITIVE ATHLETES AND DEPRESSION



## POTENTIAL RECIPE FOR MENTAL HEALTH CHALLENGES



# 88% OF STUDENT ATHLETES REPORT USING ALCOHOL



**91%** 91% OF 16-24 YEAR OLDS USE THE INTERNET FOR SOCIAL NETWORKING

RATES OF ANXIETY AND DEPRESSION HAVE INCREASED **70%** IN THE PAST 25 YEARS

**SOCIAL MEDIA IS LINKED WITH INCREASED ANXIETY, DEPRESSION, AND POOR SLEEP**

THE AMERICAN COLLEGE HEALTH ASSOCIATION ON STUDENT-ATHLETES FOUND

**41% SO DEPRESSED THEY FOUND IT DIFFICULT TO FUNCTION**

**52% HAD FELT OVERWHELMING ANXIETY**

**14% CONSIDERED SUICIDE WITH 6% ATTEMPTING IT**

THERE'S A FAR **SHORTER PEAK EARNINGS PERIOD** THAN IN ANY OTHER PROFESSION. THE AVERAGE CAREER SPAN FOR PROFESSIONAL BASKETBALL, FOOTBALL, AND BASEBALL IS **A MERE 4.5 YEARS, 3.2 YEARS, AND UNDER 5 YEARS, RESPECTIVELY.**

BY COMMON ESTIMATES AMONG ATHLETES AND AGENTS, **THE DIVORCE RATE FOR PROFESSIONAL ATHLETES RANGES FROM 60% TO 80%**

Sources: Pablo S. Torre, Pablo S. "How (And Why) Athletes Go Broke," Sports Illustrated, March 23, 2009. | International OCD Foundation: Social Media, OCD, and Depression: When It's Time To Close the App | "Surprising Facts about College Age Drinking," Guardian Interlock, May 30, 2014. | Bo Hanson, "Reflections on 2015 and Lessons for Elite Sport in 2016," athleteassessments.com | Ren Margolis, "Do competitive athletics put people at greater risk for mental health issues?"