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 <u>HOME</u> 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 <u>STEVE</u> 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

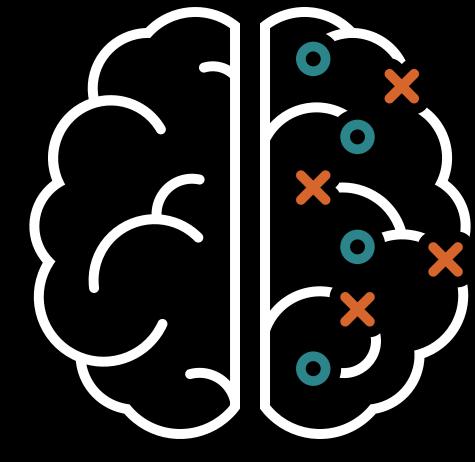
(800) 273-8255 and press "1"



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COMPETITIVE ATHLETES AND DEPRESSION

30+ HOURS PER WEEK TOWARD A SINGULAR GOAL



POTENTIAL
PREEXISTING
MENTAL ILLNESS

COPING WITH POTENTIAL FAILURES



PRESSURE FROM SELF, PEERS, COACHES

INJURIES



CONCUSSION

POTENTIAL RECIPE FOR MENTAL HEALTH CHALLENGES





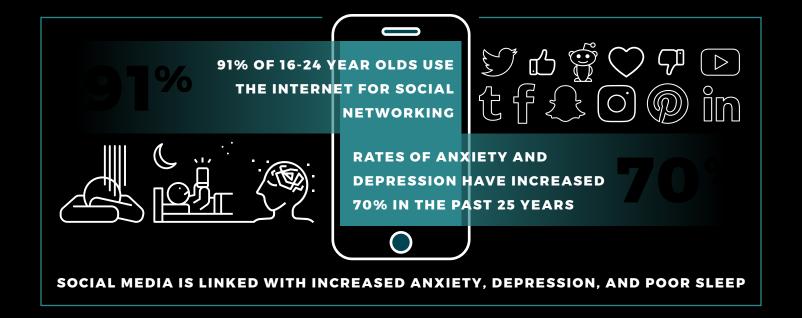
1 IN 4
COLLEGE ATHLETES
FACE DEPRESSION

STUDENT-ATHLETES EXPERIENCE INJURY-RELATED CHALLENGES, DROPPING OUT, OR QUITTING

STUDENT-ATHLETES
EXPERIENCE BALANCING
SPORTS AND ACADEMICS

88% OF STUDENT ATHLETES REPORT USING ALCOHOL





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%