

SUPPORTING ATHLETE MENTAL WELLNESS AND BREAKING DOWN THE STIGMA OF MENTAL HEALTH

How do we define mental health?

Mental Health ≠ Mental Illness

American Psychological Association

A state of mind characterized by emotional well-being, good behavioral adjustment, relative freedom from anxiety and disabling symptoms, and a capacity to establish constructive relationships and cope with the ordinary demands and stresses of life.

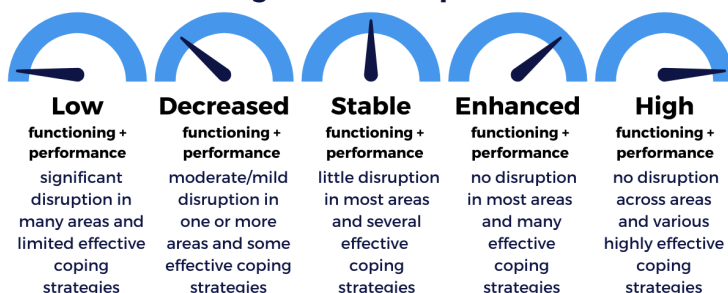
World Health Organization

A state of well-being in which people can realize their own potential, cope with the normal stresses of life, work productively and fruitfully, and are able to contribute to their community.

NCAA Sport Science Institute

Mental health is a part of, not apart from, athlete health. Mental health exists on a continuum, with resilience and thriving on one end of the spectrum and mental health disorders that disrupt a college athlete's functioning and performance at the other.

AASP has developed a spectrum of mental wellbeing and mental performance



How prevalent are mental health conditions among athletes?



Only **10% of college athletes** with mental health symptoms seek professional help.



Up to **35% of elite athletes** suffer from a mental health crisis at some point in their career which may manifest as stress, eating disorders, burnout, or depression and anxiety.

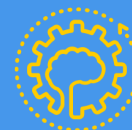
How can we support athlete mental wellness and reduce the stigma?



Continue having conversations about mental wellness to make communication around the topic part of daily life



Highlight resources that offer support for athletes such as meditation apps, school and community counseling centers, nonprofits and community groups



Provide proactive solutions that support wellness such as optimal recovery (diet, rest, sleep), meditation, and support networks

ASSOCIATION for APPLIED
SPORT PSYCHOLOGY

