



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

IMPROVE THE MENTAL WELLBEING OF STUDENT-ATHLETES WITH MHFA

As an **NCAA®** head coach or athletic trainer, you're a trusted figure in the lives of your student-athletes. You have the power to make a difference during practice, competition and in your student-athlete's mental wellbeing journey. That's why the NCAA engaged the National Council for Mental Wellbeing to provide Division III head coaches and athletic trainers with fully funded **Mental Health First Aid** (MHFA) training.

Mental health affects performance

1 IN 3

U.S. adults ages 18-25 experienced a mental illness during the COVID-19 pandemic.

(Source: [NAMI](#))

About

9.2 MILLION

young adults ages 18 to 25 experienced a substance use disorder in the past year.

(Source: [SAMHSA](#))

Over

50%

of coaches reported feeling inadequately prepared to help student-athletes with mental health concerns.

(Source: [NCAA](#))

Over

80%

of coaches said they spend more time on supporting student-athletes' mental health, as it is their top concern.

(Source: [NCAA](#))

The mental health and substance use challenges student-athletes face are real and often go unnoticed until they reach a breaking point. In your role, you're in a unique position to notice these challenges early and help prevent them from escalating. Whether you're observing performance issues, changes in behavior or personal struggles, your intervention could be life changing.

What is MHFA?

MHFA's interactive, evidence-based training provides the skills you need to support student-athletes through mental health challenges, reduce stigma and promote a healthy, positive team environment. In the MHFA for Higher Education course, you and your staff will learn how to:

- Recognize common signs and symptoms of mental health and substance use challenges.
- Respond with the five-step MHFA Action Plan (ALGEE).
- Interact with a person in crisis.
- Connect athletes with the help they need.
- Take care of your own mental wellbeing through self-care.

Who qualifies for the funded training?

Up to 30 individuals at each NCAA Division III active member institution with a specific focus on:

- Head coaches
- Athletic trainers

Course details

Staff will attend a 7.5 hour, in-person training session with expert Instructors on your school's campus. Upon completion, they will be certified in MHFA for Higher Education!

Sources:

NAMI: <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>

SAMHSA: <https://www.samhsa.gov/data/report/2023-nsduh-detailed-tables>

NCAA: https://ncaaorg.s3.amazonaws.com/research/other/2020/2022RES_NCAA-SA-Well-BeingSurveyPPT.pdf

NCAA: <https://www.ncaa.org/sports/2023/1/25/ncaa-coach-well-being-study.aspx>

>> Secure your MHFA training today!

Be the difference in the lives of your student-athletes. To schedule a fully funded MHFA for Higher Education training for your NCAA Division III Athletics staff, please visit MHFA.org/NCAA to learn more and complete an inquiry form.