

HOW TO MANAGE

MENTAL HEALTH CONCERNS

REPORTED BY STUDENT-
ATHLETES.



01

Be a Good Listener: Encourage them to talk about their feelings and thoughts. Be an active listener without judgment, and let them share at their own pace. **Show Empathy:** Let them know that you care and are there to support them while making them feel understood and validated. **Respect Their Privacy** Make sure to respect their privacy and only share their struggles with others if they are comfortable with it.

02

Document & Inform: Gather as much information as possible about the student's concerns and document the information gathered. Report the issue immediately to Ms. Ashley Conner - Associate Athletics Director for Student Services/SWA/Deputy Title IX Coordinator, Dr. Ivana Rich - Assoc. VP & Director of Athletics or Mr. David Adebiyi - Assistant AD for Compliance.

03

Connect the student with Campus Resources: students can connect with one or more of three resources. EWU offers both in-person therapy held by appointments on-campus (call 904.878.7418 to schedule) and virtual therapy with the Virtual Care Group (call 866.533.1827 to request medical or behavioral health). Students can also access the Suicide and Crisis Lifeline by texting 988.

04

Follow-Up: After the student-athlete has been connected to campus resources, continue to provide support for the student. Check in with them periodically to ensure their well-being and offer any necessary resources.