Division III April Webinar
Mental Health Resources

Jess Wagner and Talia Williams
Agenda

- Division III SAAC Mental Health Social Media Campaign.
  - May 3-6, 2021; #dontsleeponstigmas
    - Planning, engagement ideas, resources, after the campaign.
- COVID-19 Impact.
- Diverse Student-Athlete Mental Health & Well-Being Summit.
- Resources and Best Practices.
- Q&A.
Division III SAAC
Mental Health Social Media Campaign

• May 3 - 6, 2021
• Theme: #dontsleeponstigmas
• Plan your campaign and check out the Mental Health Social Media Campaign webpage.
• Engagement ideas.

MENTAL HEALTH SOCIAL MEDIA CAMPAIGN
IN PARTNERSHIP WITH THE DIVISION III STUDENT-ATHLETE ADVISORY COMMITTEE AND THE SPORT SCIENCE INSTITUTE

<table>
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<tr>
<th>Mental Health Social Media Campaign: After the Campaign</th>
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<td>May 3-6, 2021</td>
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**Mental Health Social Media Campaign: After the Campaign**
Take the campaign further

The Mental Health Social Media Campaign is a week of awareness, education and engagement to show the importance of breaking the stigma surrounding mental health. However, it should not end here! The following are some ideas that you can implement during the week’s campaign or other times throughout the academic year to show your support.

Create and distribute mental health resource cards.

Link to the Division III National SAAC mental health resource card template and print personalized copies for all student-athletes, staff, coaches and administrators.

Designate a home event to support mental health.

Encourage teams to work with their athletics departments to declare one of the home athletics
Division III SAAC
Mental Health Social Media Campaign

• Mental Health educational resources.

• After the Campaign – mental health resource card.
COVID-19 Impact

- Crisis can impact both our physical and mental health.

- [NCAA COVID-19 Well-Being Survey](Fall 2020) highlighted the mental health impact of the virus on student-athletes:
  - Noted academic worries, lack of access to sport, COVID-19 health concerns and financial worries top mental health concerns.
  - Student-athletes of color cited experiencing racism negatively impacting their mental health.
Diverse SA
Mental Health & Well-Being Summit

Event: August 10-11, 2020
Participants: SAAC, former student-athletes, NCAA membership, mental health, sports medicine, and higher education.
NCAA Resources

• Familiar with signs and symptoms
  – SSI mental health fact sheets

• Supporting student-athlete mental health wellness module
Mental Health Best Practices

• Ensure that mental health care is provided by licensed practitioners qualified to provide mental health services.

• Clarify and disseminate protocols for both emergency and routine referrals.

• Consider mental health screening in pre-participation evaluation.

• Create and maintain a health-promoting environment that supports mental well-being and resilience.
COVID-19 Resources


Coronavirus (COVID-19)

The NCAA continues to closely monitor COVID-19 and is taking proactive measures to mitigate the impact of the virus. When it comes to decision-making, our commitment is this: protect the health and safety of college athletes.

NCAA Social Series
NCAA Social Series is a weekly show featuring expert

The New Normal: Stories from Campus

NCAA Sport Science Institute updates resocialization guidelines
Stay Connected

• Sign up for SSI newsletter (box on SSI homepage)
• Follow us on Twitter (@NCAA_SSI)
External Resources

- AASP COVID-19 Pandemic: [Tips for Athletes, Coaches, Parents, and the Sport Community](#)
- BIPOC Mental Health [Resource Guide](#).
- UNIT3D podcast for student athlete mental health during COVID-19.
- [ASWIS Telehealth Providers](#).
- NAMI COVID-19 Resources and Information Guide.
- Association of Black Psychologists Self-Care Tool Kit.
Questions?

• All questions, must be submitted via your computer, using the following instructions:
  o Click on the chat icon.
  o Type in message and click send.