



Division III April Webinar

Mental Health Resources

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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

Planning the Campaign	Engagement Ideas	Resources	After the Campaign
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May 3-6, 2021 | #dontsleeponstigmas

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 there! 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




Tell us about it!
Do you have a great idea for the campaign that you would like to share with other campaign participants?
Submit it to: d3identity@ncaa.org

Division III SAAC

Mental Health Social Media Campaign

- Mental Health educational resources.
- After the Campaign – mental health resource card.

<Institution Name>

WELLNESS WATCH

Created by the NCAA Division III National SAAC



Division III
DISCOVER | DEVELOP | DEDICATE



<Institution Name>



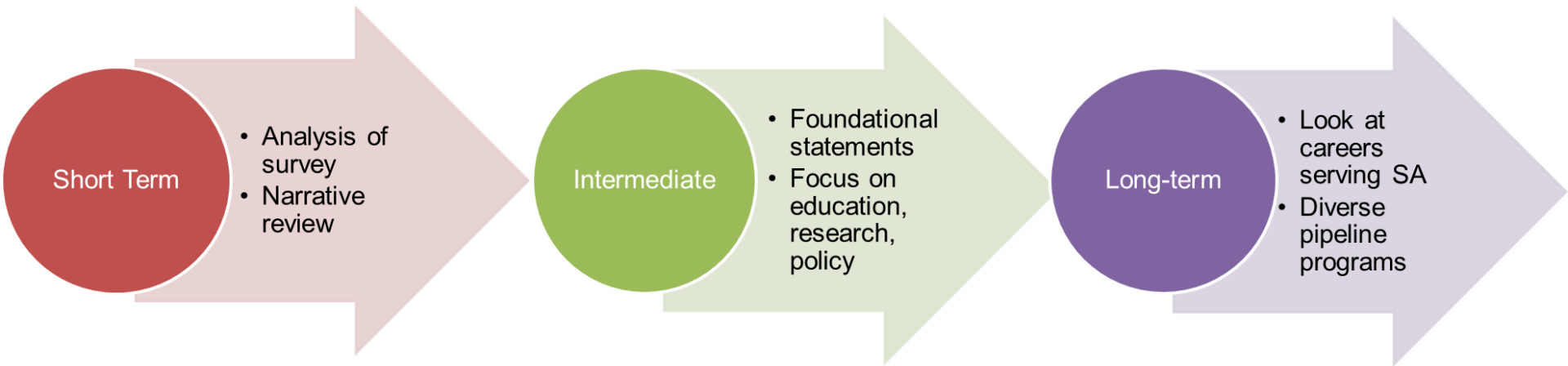
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<p>CAMPUS SAFETY</p> <p><address line 1></p> <p><address line 2></p> <p>Phone # <phone number></p>	<p>TITLE IX OFFICE</p> <p>Phone # <phone number></p>
<p>STUDENT LIFE OFFICE</p> <p>Phone # <phone number></p>	<p>NATIONAL SUICIDE PREVENTION LIFELINE</p> <p>1-800-273-8255</p>

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.

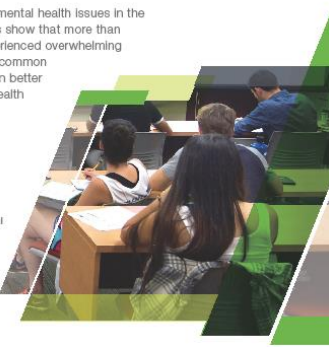
NCAA Resources

- Familiar with signs and symptoms
 - [SSI mental health fact sheets](#)
- Supporting student-athlete mental health wellness [module](#)

AN INFORMATIONAL RESOURCE FOR STUDENT-ATHLETES, COACHES AND ATHLETICS PERSONNEL

Anxiety Disorders

Anxiety disorders are the most common mental health issues in the United States. Data from national surveys show that more than 30 percent of student-athletes have experienced overwhelming anxiety. By understanding that anxiety is common and by addressing it, student-athletes can better manage anxiety and its impact on their health and performance.



Signs and symptoms:
EMOTIONAL SYMPTOMS

- Feelings of apprehension or dread.
- Feeling tense or jumpy.
- Restlessness or irritability.
- Anticipating the worst and being watchful for signs of danger.

PHYSICAL SIGNS

- Pounding or racing heart and shortness of breath.
- Sweating, tremors and twitches.
- Headaches, fatigue and insomnia.
- Upset stomach, frequent urination and diarrhea.

What student-athletes can do:

- Recognize signs and symptoms and seek help from a licensed mental health provider.
- Actively participate in your treatment and develop a plan that works for you.
- Be mindful of triggers and stressors that can impact your anxiety.
- Practice daily self-care; this includes getting restful sleep, effectively managing stressful situations and addressing symptoms of anxiety.

Content courtesy of NAMI.

What athletics department staff can do:

- Recognize signs and symptoms of anxiety.
- Work with campus partners to provide access to licensed mental health providers.
- Be mindful of triggers and stressors that can impact a student-athlete's anxiety.
- Know your athletic department's written mental health referral protocols.

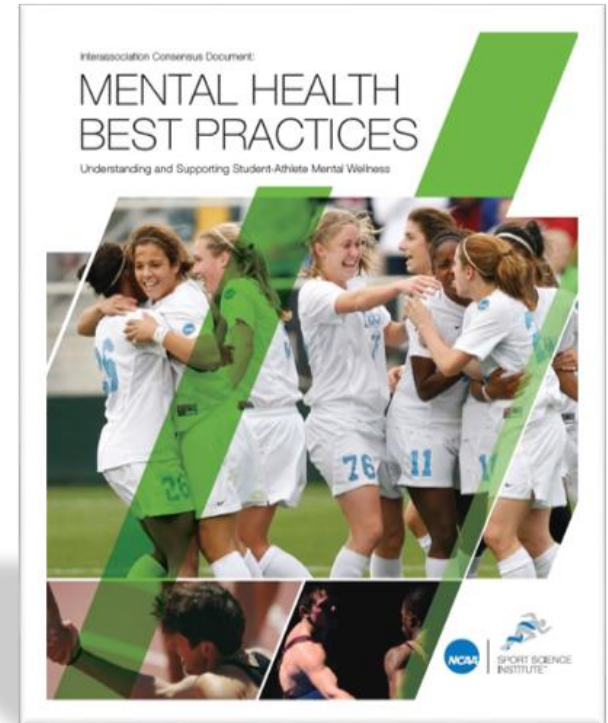
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RESILIENCE | HELP SEEKING | STIGMA FREE

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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

<http://www.ncaa.org/sport-science-institute/coronavirus-covid-19>

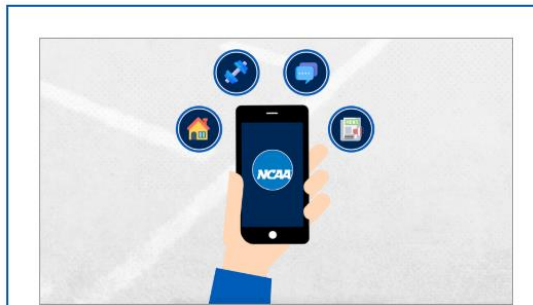
Coronavirus (COVID-19)

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:
 - Click on the chat icon.
 - Type in message and click send.