



Supporting the Whole Athlete: Mental Health First Aid for NCAA DIII Athletics Staff

May 21, 2025



Mental Health FIRST AID

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Today's Presentation



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National Council for Mental Wellbeing

About Us

NATIONAL
COUNCIL
for Mental
Wellbeing

The National Council is a membership organization that drives policy and social change on behalf of more than **3,200** mental health and substance use treatment organizations and the more than **10 million** children, adults and families they serve.

We are a thought leader, solutions provider and leading voice on Capitol Hill with a **55-year** history of driving policy and social change.

Impact

- **229+** CCBHCs providing services across 20+ states.
- **\$15 million** for substance use and substance use disorders (SUD) workforce loan program.
- **4 million+** individuals trained in Mental Health First Aid (MHFA).
- **15,000+** MHFA Instructors nationally.





Audience Poll

Q. How confident do you currently feel in your ability to support a student-athlete who may be struggling with a mental health or substance use challenge?

- Very confident
- Somewhat confident
- Not very confident
- I've never been in that situation

Transforming Student-athlete Mental Wellbeing Support

The NCAA engaged the National Council to provide Division III head coaches and athletic trainers with **Mental Health First Aid (MHFA)** trainings to help support the mental wellbeing of student-athletes nationwide.

These trainings will also focus on **building mental health literacy, supporting the long-term mental wellness** of teams and **reducing the stigma** around mental health.



Millions of young adults are stressed, burned out and silently struggling with their mental wellbeing. Their coaches also seek support.

1 in 3

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

Over 50%

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

53%

of student-athletes reported that coaches take mental health concerns of their student-athletes seriously.

1 in 5

college students said their academic performance had been hurt for 6+ days from emotional or mental difficulties.

9.2 million

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

47%

of student-athletes felt they would be comfortable personally seeking support from a mental health provider on campus.

Around

4 in 10

college students were categorized as having positive mental health or wellbeing.

50%

of student-athletes think that mental health is a priority for their athletics department.

Over 80%

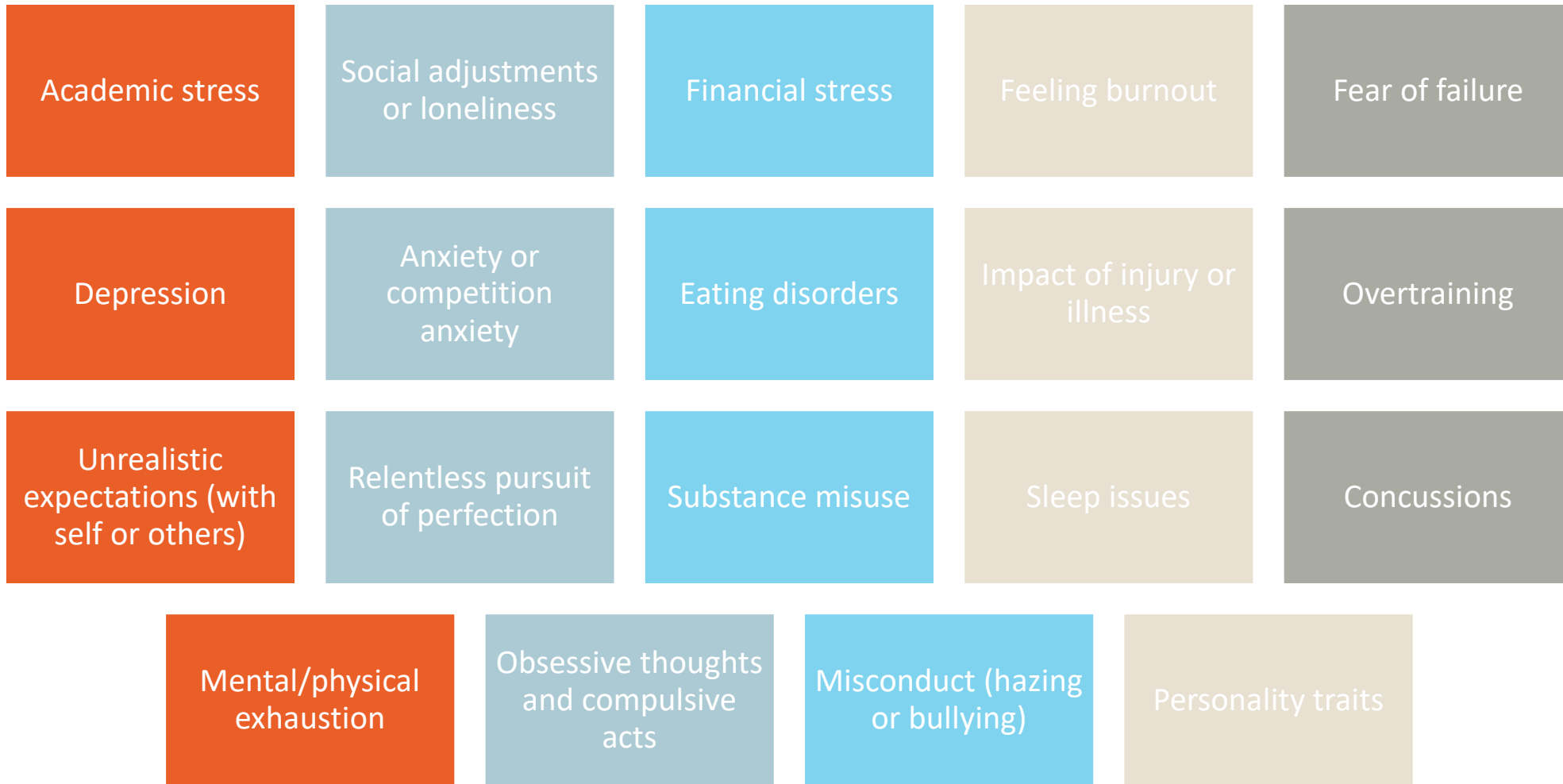
of coaches said they spend more time on supporting student-athletes' mental health, as it is their top concern.



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Student-athlete Specific Challenges



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How Campus Mental Health Training Can Help

1. Improve students' mental resilience
2. Address challenges before they become a crisis
3. Increase confidence in talking about mental health and substance use



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Strategies to Support Student-athlete Wellbeing



Create a
supportive
environment



Emphasize
balance



Promote mental
health literacy



Elevate open
communication



Encourage education
programs



Develop self-
care plans



Speak up



Mental Health First Aid

a course that teaches organizations, workplaces and communities how to identify, understand and respond to signs of mental health and substance use challenges.

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What does Mental Health First Aid teach?

Learners will learn key awareness skills:

- Recognize signs and symptoms of mental health and substance use challenges
- Know what to do in a crisis where someone may be at risk of harm

Learners will know how to take action:

- Navigate mental health conversations with the **ALGEE Action Plan**
- Apply what they've learned with roleplay activities relevant to scenarios common to the learner
- Use self-care strategies to build a resilient mindset
- Know where to go for help within their campus



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



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MHFA is making an impact on DIII campuses across the U.S.



"As an athletic trainer, mental health is as much a part of my job as physical health. MHFA equips coaches, athletic trainers, admin and any other student-forward employee with the ability to recognize when a student needs support or resources, as well as the confidence to activate proper resources in a crisis."

-Catie Gilman, Mount Holyoke College



ANNA MARIA

"As someone who is certified in MHFA, I see first-hand how the concepts and training can be beneficial within college life, as well as in Athletics. For many college athletes, they see the trainers and coaches as their closest and most trusted adult figures on campus. Having them trained in MHFA can only provide a benefit to Athletics staff and student athletes."

-Judith LeDoux, Anna Maria College

MORAVIAN UNIVERSITY

"In this population, I have found that the knowledge gained as part of the MHFA program has helped decrease the stigma related to mental illness in Athletics, and the skills and techniques have empowered coaches to approach athletes with their concerns and encourage them to seek professional mental health services."

-Jennifer Ostrowski, Moravian University





Audience Poll

Q. After learning about the funded MHFA training opportunity, how hopeful are you that it will help you and your staff better support the mental health of student-athletes on your campus?

- Very hopeful
- Hopeful
- Unsure; I need more information.

Learn more about implementing a fully funded MHFA training for your Athletics staff!

Scan the QR code or visit MHFA.org/NCAA

Email MHFA_NCAA@thenationalcouncil.org



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There Is No Health Without Mental Health

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