
Resources and Recommendations

For information about the Division I Ghost Transfer Rule or the NCAA's Post-Eligibility Insurance Program, please contact your campus athletics compliance office or visit the following sites:

- [Ghost Transfer Rule](#)
- [NCAA Post-Eligibility Insurance Program](#)

Career Planning / Transition Out of Sport Resources

For information about transitioning out of sport and career exploration, please contact your campus career development office or visit the following sites:

- NCAA career resources: [Preparing for Your Career - NCAA.org](#)
- UNC Greensboro's Moving On! program designed to help student-athletes make healthy transitions to life after college sports: <https://athletesmovingon.org/>
- University of Michigan Athletes Connected resources regarding "Life After Sports": [Life After Sports – Athletes Connected](#)

Mental Health Resources

For information or support related to mental wellness, please contact your campus student health office or visit the following sites:

Substance Abuse and Mental Health Services

- The Substance Abuse and Mental Health Services Administration (SAMHSA) Behavioral Health Treatment Services Locator provides help to those seeking treatment facilities for substance use/addiction and/or mental health problems. For more information, visit: www.findtreatment.samhsa.gov
- The SAMHSA Disaster Distress Helpline provides 24/7 crisis counseling and support to individuals experiencing emotional distress related to natural or human-caused disasters. Call **800-985-5990** or text **TalkWithUs** to **66746**.

Suicide Prevention

- The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for individuals in distress. Call or text **988** or chat at www.988lifeline.org/chat.
- A list of international suicide hotlines is available at <https://ibpf.org/resource/list-of-international-suicide-hotlines/>.

Mental Health Support for Students of Color

- For students of color, The Steve Fund and Crisis Text Line provide 24/7, free and confidential support for mental health and well-being. Text **STEVE** to **741741**.

Mental Health Support for LGBTQ+ Students

- For the LGBTQ+ community, The Trevor Project provides 24/7 counseling for crisis intervention and suicide prevention. Call **866-488-7386**, text **START** to **678678** or message a counselor online at www.thetrevorproject.org/get-help/.

