
Resources and Recommendations

For information about the Division I degree completion opportunities, please contact your campus athletics compliance office or visit

<https://www.ncaa.org/student-athletes/student-athlete-experience/core-guarantees/>

For more information about Revenue Sharing, please speak with your athletics compliance office or visit

<https://www.collegesportscommission.org/revenue-sharing/>.

Financial Wellbeing Resources

For information about financial wellbeing resources, please speak to your athletics life skills coordinator or visit the following sites:

- [National Endowment for Financial Education](#) (NEFE)—a nonprofit foundation providing financial education and tools for people at all stages of life, from pre-college through post-retirement.
 - NEFE sponsors [CashCourse](#), a free online budgeting and money management tool specifically for college students.
 - [Smart About Money](#) is another free NEFE resource where you can find in-depth personal finance courses, articles, calculators and tips to help you manage your money.

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/.

