

NCAA STUDENT-ATHLETE HEALTH AND WELLNESS STUDY

For information about the study, its administration or results, contact:

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Visit the NCAA Research Website at:
www.ncaa.org/research

Resources and Recommendations

For information or support related to any of the survey topics, please contact your campus student health office or visit the following sites:

NCAA Sport Science Institute

- For health and safety resources and recommendations, visit www.ncaa.org/ssi.

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**.

Dating and Sexual Violence Support

- Love is Respect advocates are available 24/7 to provide confidential support to those seeking help and information/resources related to healthy relationships and dating abuse. Call **866-331-9474**, text **LOVEIS** to **22522** or chat at www.loveisrespect.org/get-relationship-help/.
- The National Sexual Assault Hotline provides 24/7, free and confidential support. Call **800-656-HOPE** or chat at <https://hotline.rainn.org/online>.

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 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+ Individuals

- 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/.

