

# MENTAL HEALTH BASICS

## FOR COACHES



### STATS

The top three reasons that young elite athletes don't seek care:

- 1) not knowing about mental disorders or symptoms
- 2) not knowing when they need help
- 3) stigma associated with seeking help

9 out of 10 people with a mental health condition say that stigma or discrimination has a negative impact.

98% of people agree that people with mental health conditions experience stigma and discrimination.

### DEFINITION

We define mental health as a large spectrum. We see it as something we all have – in the same way we have physical health.

And sometimes we have major issues with mental health and other times we may have smaller issues with mental health. We know that these experiences and emotions ebb and flow, and they are not separate from being an athlete.



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**We want to be very clear that coaches have an invaluable role in athletes lives and you do not need to be mental health providers.**

**Coaches are tasked with a lot and finding the sweet spot of how much to push through and how much to pause and honor emotions is tricky.**

**Keep in mind - athletes are the expert of themselves and trusting them to know what they need is paramount.**

## **INDIVIDUAL CHECK-INS**

**A couple quick tips for how to optimize the time you have with athletes and ensure they feel connected to you. If they feel connected to you, or a coach on your staff, they will be able to ask for their needs.**

- Curiosity - ask questions about who they are as a human.**
- One Down - don't be the know it all when it comes to how the athlete feels. Let them know you want to hear from them.**
- Aware of Outside - be tuned it to what's going on outside of sport. What impacts them? What do they care about?**