Mental Health Resources for Student Athletes

In addition to the services provided through ASU Counseling Services, we also recommend the following:

**Coping and Self-Care Resources**
- Sun Devil Athletics- Mental Health Awareness
- Mental Health Video Series
- #MentallyFit
- Tackling Mental Health Stigma- Video
- Toxicity of Sport Culture on Athletes' Mental Health
- Athletes and Mental Health: The Hidden Opponent
- Unit3d: Conversations for Student Athletes Podcast
- Athlete Mental Health Tips for Balancing Sports and Life
- Athlete Mindset Blog
- Kevin Love and 6 Other Athletes Who Talk About Anxiety
- The Players Tribune - Mental Health Awareness

**Referral and Educational Resources**
- ASU Counseling Services (for students)
- ASU Employee Assistance Program (for ASU employees)
- ASU Academic Success Programs
- An ASU Track Athletes Journey to Mental Health Advocacy
- ASU Olympic Diver on Mental Health Among Athletes
- My Biggest Competitor
- Mind, Body and Sport
- National Collegiate Athletic Association
- Mental Health: A More Educated Approach
- Recognize to Recover: Mental Health Resources for Student Athletes

**Text and Phone Supports**
- ASU Counseling Services Open Call and Open Chat
- ASU’s Dedicated Crisis Line
  480-921-1006
- National Suicide Prevention Lifeline
  1-800-273-8255
- Trevor Project Lifeline
  1-866-488-7386 or text START to 678-678