

# 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