

Opening Video 2:47

Coaches Guide to Mental Health Awareness

Overview: <https://vimeo.com/551887498>

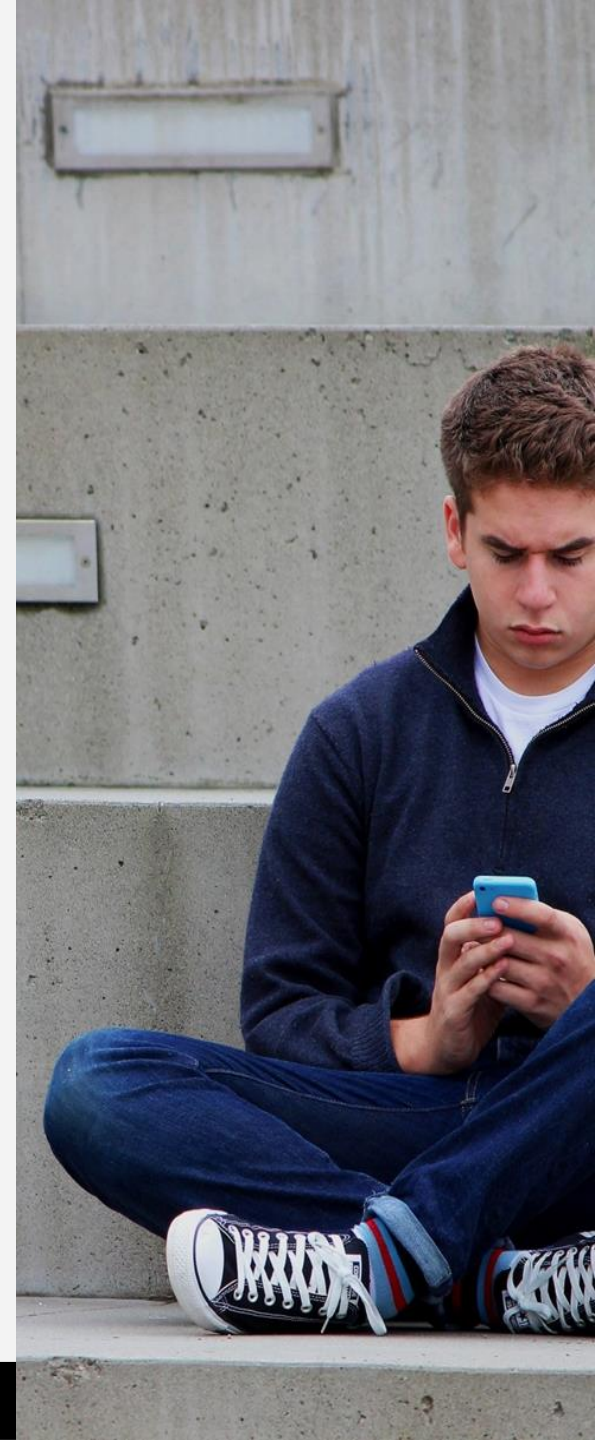


## A Coach's Guide to Mental Health Training

**#TAKEDOWNTHESTIGMA**

# Overview

- **Mental Health Awareness**
- **Education – A Coach’s Guide to Mental Health Awareness**
- **COVID amplification**
- **Next Steps**



# Eric Monday Foundation

**Our Mission:** Engage, educate and evolve coaches and key influencers by bringing an awareness of the stigma associated with mental health challenges that can be experienced by young athletes and competitors.

**Our Goal:** #TakeDownTheStigma of mental health  
We strive to educate and build a culture for inclusion for all those that are knocked down by life's challenges

## OUR KEY INITIATIVES

- Support events and programs that help to raise awareness and education for Mental Health
- Instruct Coaches that work with youth athletes.



Outside of parents,  
coaches may be  
the most  
important adult in  
a child's life

**A significant percentage of athletes experience mental health challenges....**

**ATHLETES EXPERIENCE UNIQUE STRESS AND INTENSITY AND ARE LEAST LIKELY TO ASK FOR HELP.**

# Mental Health Demands Engagement

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## Unique challenges

- Problem is not obvious
- People not willing to share personal information
- Stigma - Don't want to be viewed as weird or weak
- Friends unwilling to come forward

## **SUICIDE is the SECOND LEADING CAUSE OF DEATH for ages 10-24**

- **18% of teens have considered**
- **7% have attempted**
- Avg. of 5,400 attempts by young Americans each day
- 4 out of 5 teens have given clear warning signs

# L

## ISTEN

- Pay full attention
- Let them tell **their** story
- Use minimal encouragers

# A

## CCEPT

- Suspend judgment
- Believe **their** account of **their** experience
- Don't investigate or adjudicate
- Ask about suicide, homicide and/or violence

# S

## UPPORT

- Offer hope without trying to “cheer up”
- Lend ego strength without directing or dominating
- Create a “holding environment”

# R

## EFER

- Ensure safety and never leave them alone.
- Use your relationship to help the referral
- **Know before needed to whom you will refer**
- Facilitate the process

# R

## EPORT

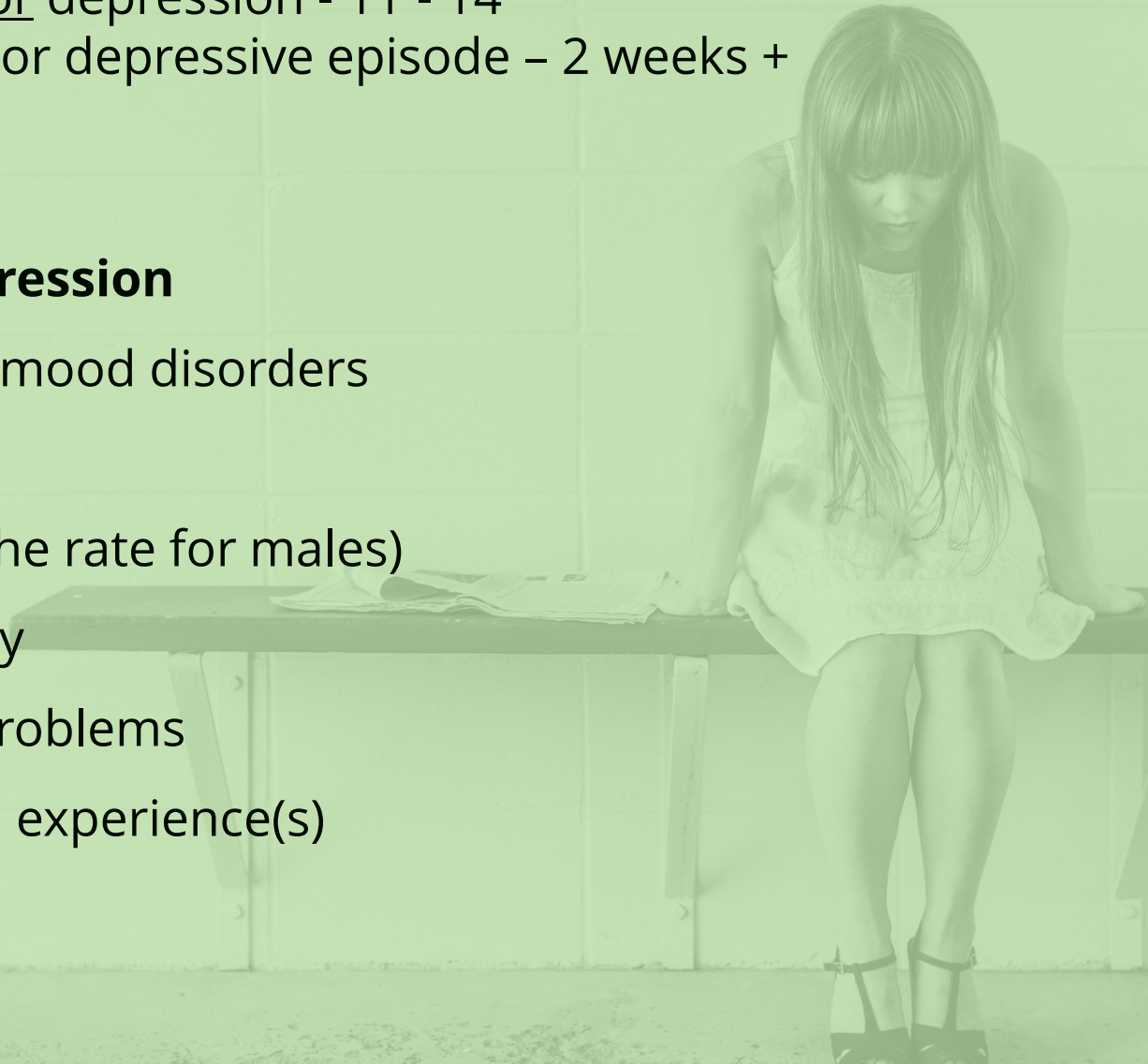
- Responsibility and protocols must be clear
- Must know the limits of confidentiality and student privacy

# DEPRESSION

- Age of onset for major depression - 11 - 14
- 8% adolescents - major depressive episode – 2 weeks +
- Increases with age!

## Key Risks for Depression

- Family history of mood disorders
- Low self-esteem
- Female (double the rate for males)
- Learning disability
- Family / parent problems
- Unwanted sexual experience(s)
- Concussions





If you can't ask the  
"suicide question,"

**FIND  
SOMEONE  
WHO CAN  
NOW!**

Read between

~~I'm going insane. I'm fine.~~

~~I'm breaking inside. I'm okay.~~

~~It's destroying me. It's nothing.~~

~~Please help me. Don't worry about it.~~

~~I'm in so much pain. Things are going good.~~

**the lines.**

You do NOT increase  
the risk of suicide by  
asking directly.

**YOU MAY  
INCREASE  
THE RISK  
BY NOT  
ASKING**

**ASK**

A woman with long dark hair is sitting at a desk, looking down. The word "ASK" is written in large, white, block letters over the image. The letter 'A' is partially cut off on the left. The woman is wearing a light-colored top and is sitting on a chair. The background is a plain wall.

# CRISIS or CONCERN / What do you do?

## CRISIS



### KEY FACTORS:

- **TIME** (needs to be dealt immediately)
- **POTENTIAL HARM** (to self, others, or property)
- **DO NOT LEAVE** the individual alone

### WHAT DO YOU DO?

- **NEVER LEAVE ATHLETE ALONE**
- Call 911 if student is in danger of harming themselves
- Call student's parent or caregiver
- Call Security
- Call Your League Administrator

## CONCERN

Academic, social or personal behavior, or mental health issue which is not an immediate threat to safety or security, but warrants further investigation or intervention

### WHAT DO YOU DO?

- Talk with the athlete
- Contact parent
- Call a crisis line
- Contact an administrator or counselor



### HELPLINES

- CrisisLink Hotline: 703-527-4077
- CrisisLink Textline: NEED HELP 85511
- 1-800-273-TALK (National Suicide Prevention Lifeline)
- 1-800-SUICIDE (National Hopeline Network)



**After hours:** Call the caregiver. If unable to reach caregiver, call the non-emergency number for local police 703-691-2131 for a welfare check or call a HELPLINE.

# How Can You Help?



## THE ROLE OF THE COACH

**Be aware / Be involved / Make regular inquiries on the whole person**

**When they do well, provide specific positive feedback**

**Use Teachable Moments**

**Set clear consistent boundaries**

**LASRR**

**Build the Culture**

**Build Resiliency**

**#TakeDowntheStigma!**

## Availability for Youth Sports

The power of video

Tailoring by sport

COVID Amplification

Next Steps...

**CHANGE BEGINS WITH UNDERSTANDING...**

# Closing Signs Video

Take Down the Stigma Signs: <https://vimeo.com/551886773>