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<https://thebmsproject.org/mental-health-directory/>



TOP 3 TIPS FOR ATHLETES

By R. E. Martin

Sports... part of a lifetime journey

Bonds forged in competition and the exhilaration of winning both play a big role in the enjoyment of sports. However, the pursuit of happiness in life also involves the creation of new friendships and pursuing life's challenges outside of sports.

Never quit on yourself!

#3 It Starts with Good Sportsmanship & You

Keep the enjoyment in the game for you, coaches, parents, fans, opponents and officials

#2 Believe In and Like Who You Really Are

Coaches, parents, fans and officials should all let you know how much we really enjoy watching you play

#1 Talk to Those You Trust

We need to talk to each other--the game belongs to you, but we all have a stake in your safety and well-being!

Life is comprised of more than scores on a scoreboard

EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

SEXUAL MISCONDUCT

To speak to a counselor,
Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE SIGNS

For helpful resources,

thebmsproject.org/Safety

CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).