

Next-Step Resources

Information on best practices for building mental health resources:

<https://www.ncaa.org/sports/2024/2/19/mental-health-best-practices-understanding-and-supporting-student-athlete-mental-health-second-edition-question-and-answers.aspx>

Helpful Therapeutic Resources

Coping Skills for Addiction:

<https://www.therapistaid.com/therapy-worksheet/coping-skills-addictions>

Coping Skills for Anxiety:

<https://www.therapistaid.com/therapy-worksheet/coping-skills-anxiety>

Coping Skills for Depression:

<https://www.therapistaid.com/therapy-worksheet/coping-skills-depression>

Growth Mindset Tips:

<https://www.therapistaid.com/therapy-worksheet/growth-mindset-tips>

Gratitude Exercises:

<https://www.therapistaid.com/therapy-worksheet/gratitude-exercises>

Grief Fact Sheet:

<https://www.therapistaid.com/therapy-worksheet/grief-fact-sheet>

Healthy Boundaries Tips:

<https://www.therapistaid.com/therapy-worksheet/healthy-boundaries-tips>

Mindfulness Exercises:

<https://www.therapistaid.com/therapy-worksheet/mindfulness-exercises>

Stress Management Tips:

<https://www.therapistaid.com/therapy-worksheet/stress-management-tips>

Self-Care Tips:

<https://www.therapistaid.com/therapy-worksheet/self-care-tips>

Time Management Tips:

<https://www.therapistaid.com/therapy-worksheet/time-management-tips>

*These resources are not intended to replace therapeutic intervention with a mental health professional and can be used in addition to therapeutic participation.

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

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).