



Where Can I Get Help?

Reaching out for help with mental health concerns can feel overwhelming. Often, the stigma surrounding mental health may keep us from seeking help, or we may struggle to understand what we're experiencing.

YOU ARE NOT ALONE.

You are supported by a growing network of mental health professionals, educators, programs, and resources that care about your well-being and personal growth. Finding the right support system may take time, so please be patient with yourself and those who are helping you. This guide is meant to help you get started.

PARENTS / GUARDIANS

How to support your student-athlete's mental health:

- Start conversations early. Open dialogue about mental health normalizes it and helps your athlete feel safe seeking help if needed.
- Watch for signs. Changes in sleep, appetite, mood, energy levels, or motivation can be signals that something is off.
- Ask open-ended questions like: "How are you feeling about practice?" or "What part of the game do you enjoy most?"
- Listen without judgment. Give your athlete space to express themselves freely and validate their emotions.
- Focus on process, not just outcomes. Praise effort, progress, and resilience instead of wins or stats.
- Schedule regular health check-ins. Use annual physicals to discuss mental well-being with your healthcare provider.

Recommended resources for parents:

- Active Minds - For Parents & Families
- Mental Health America - Parenting
- [CDC Mental Health for Parents](#)

STUDENT-ATHLETES

If you are feeling overwhelmed, stressed, anxious, or just off, you are not alone. It's okay to speak up. Here are some ways to start:

- Talk to a trusted adult: a parent, coach, school counselor, or teacher.

- Check in with your school’s counseling center. Most high schools and colleges have mental health services.
- Use text and call-based resources if you're not ready to talk face-to-face.

Trusted youth-focused mental health services:

- [988 Suicide & Crisis Lifeline \(call or text 988\)](#)
- [Crisis Text Line - Text HOME to 741741](#)
- [NY Project Hope - Emotional Support Helpline](#)
- [The Trevor Project \(LGBTQ+ youth\)](#)

LOCAL RESOURCES IN NEW YORK:

- NYC Well – Free, confidential crisis support, information, and referrals.
- New York State Office of Mental Health
- [NAMI New York State](#) – Offers education, support groups, and advocacy.
- [Mental Health Association in New York State \(MHANYS\)](#)

SPORTS & MENTAL HEALTH

- [Athletes for Hope: Mental Health Resources](#)
- NCAA: Mental Health Best Practices
- [The Hidden Opponent](#) - Mental health support for student-athletes

If you are unsure where to start, reach out to your coach, team manager, or a trusted adult in your club or school. You don’t have to go through it alone.

Together, we can build a healthier, stronger, and more supportive sports culture that empowers every athlete’s mind and body.

For additional support, please contact us at Info@homegrownselectlax.com.