

# Mental Health Resources

*Resources for Student Athletes, Coaches, and Families*

The following is a list of resources for teen athletes, coaches, and parents to support mental health of student athletes. Click on the links to open documents and website resources.

## Resources for Athletes

### [Mental Health Tips for High School Athletes](#)

- This article from the [JED Foundation](#), offers a list of tips for high school athletes to help manage the pressures of being a teen athlete.

### [Athletes Against Anxiety and Depression website](#)

- "The Athletes Against Anxiety and Depression Foundation is dedicated to providing resources to anyone that suffers from a mental health battle." The AAADF website includes resources such as a mental health video series, meditation video series and a Mental Health Manual.

### [TrueSport Talks Mental Health Resources](#)

- This TrueSport website includes videos, articles, and downloadable resources regarding mental wellness for athletes.

### [Hazel Health](#)

- Hazel Health provides tele physical and tele mental health services to Bethel School District students at no cost to families. Therapy sessions are safe, private, and confidential.

## Resources for Coaches

### [6 Ways to Help your Student Athlete Balance High School Sports and Mental Health](#)

- This article from Embark Behavioral Health discusses the importance of supporting physical and mental health of teen athletes. The article includes a list of how parents and coaches can support teen athletes.

### [TrueSport Talks Mental Health Resources](#)

- This TrueSport website includes videos, articles, and downloadable resources regarding mental wellness for athletes.

#### [NCAA Sports Science Institute Mental Health Education Resources](#)

- This NCAA website includes mental health fact sheets, videos, and resources for coaches.

#### [Team USA Mental Health Resources](#)

- This website includes mental health stories about Team USA athletes.

#### [Hilinski's Hope](#)

- "Hilinski's Hope Foundation is a non-profit organization formed to promote awareness and education of mental health and wellness for student athletes. The Foundation's mission is to educate, advocate, and eliminate the stigma associated with mental illness, while funding programs that provide student-athletes with the tools and resources that support their mental health and wellness."

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## Resources for Parents/Guardians

#### [Mental Health and Athletic Teens: What Parents Need to Know](#)

- This article from the National Athletic Trainers' Association discusses unique stressors that student athletes experience and what parents can do to support their children.

#### [TrueSport Talks Mental Health Resources](#)

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## Local Counseling Resources

#### [Bethel School District Area Mental Health Counseling Resources](#)

- This document is a list of the mental health counseling resources within the Bethel School District area. Links and contact information for each resource is included.

#### [Substance Use/Abuse Counseling Resources](#)

- This document is a list of the substance use/abuse counseling resources within the Bethel School District Area. Links and contact information for each resource is included.

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