COACH AND STAFF RESOURCES

COACHES RESOURCES

WEBSITES

- **UNIVERSITY OF MICHIGAN ATHLETES CONNECTED**
- **NCAA.ORG:**
  - **MENTAL HEALTH**
  - **COACHES ASSIST FOR EMPATHIC RESPONSE**
  - **SUPPORTING STUDENT-ATHLETE MENTAL WELLNESS**
- **THE JED FOUNDATION**
- **ATHLETES FOR HOPE WELLBEING CENTER**
- **SPORTSPSYCHOLOGY.ORG**

MENTAL HEALTH RESOURCES

- **CAMPUS SAFETY: 704-233-8999**
- **RESIDENCE LIFE AFTER HOURS: 980-210-4950**
- 911 (IMMEDIATE DANGER)
- ATRIUM UNION ER: 600 HOSPITAL DRIVE, MONROE (IMMEDIATE DANGER)
- AREA MOBILE CRISIS: 866-275-9552 (24/7)
- ATRIUM BEHAVIORAL HEALTH CRISIS HOTLINE: 704-444-2400 (24/7)
- MECKLENBURG CRISYS: 704-566-3410 (OPT.1)
- NATIONAL SUICIDE PREVENTION HOTLINE: 988 (24/7)
- CRISIS TEXT LINE: TEXT “HOME” TO 741741 (24/7)
- NATIONAL DOMESTIC VIOLENCE HOTLINE: 800-799-SAFE
- LGBTQ HOTLINE: 866-4-U-TREVOR
- NATIONAL SEXUAL ASSAULT HOTLINE: 800-656-HOPE
- UNION COUNTY RAPE CRISIS HOTLINE: 704-283-7770

WINGATE COUNSELING CENTER

- Email: counseling@wingate.edu
- Phone: 704-233-8979
- Snap the QR code to go to the website to schedule an appointment.

COACH AND STAFF RESOURCES

ADDITIONAL RESOURCES

Presentations/Workshops

Counseling Center staff are available to come in and talk with your student-athletes about various mental health topics or concerns.
Current prepared presentations:

- Mental Health Game Plan (mental health concerns in student-athletes, coping skills, and additional MH resources)
- 7'C's of Resilience: Building a Foundation of Mental Toughness

Additional options/ideas for presentations/workshops:

- Managing anxiety (including performance anxiety)
- Stress management and self care
- Dealing with injuries
- Transitions in and out of sport
- Managing academics while being an athlete
- Athletic identity
- Custom topic you feel is needed for your team

TO REQUEST A WORKSHOP FOR YOUR TEAM:

- **Snap theQR codetogotothegoogleform and submit request**

Questions? Email c.higgins@wingate.edu