

THIS LIST IS COMPRISED OF LINKS TO RESOURCES WE HAVE FOUND HELPFUL

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This list is not comprehensive and does not constitute an endorsement by Sidelined USA.

RESOURCE LINKS

["SKILLS AND STRATEGIES TO SUPPORT WELL-BEING" & "THE UNAVOIDABLE WORRY OF THE UNKNOWN"](#)

by Athletes Connected (University of Michigan)

["TAKING CARE OF YOUR EMOTIONAL HEALTH" & "COPING WITH STRESS"](#)

by the CDC

["UNFINISHED BUSINESS: 5 INSIGHTS WHEN YOUR ATHLETIC SEASON IS SIDELINED BY A PANDEMIC" & "BECOMING SIDELINED: WHEN DEPRESSION TURNS TO DESPAIR"](#)

by Sidelined USA

["THE COVID-19 PANDEMIC: TIPS FOR ATHLETES, COACHES, PARENTS, AND THE SPORT COMMUNITY"](#)

by the Association for Applied Sports Psychology

[ATHLETES AGAINST ANXIETY AND DEPRESSION FOUNDATION](#)

An organization providing free resources to anyone that suffers from a mental health battle, including a Free Therapy Resource

[THE HIDDEN OPPONENT](#)

An advocacy group which addresses the stigma in sports culture and empowers athletes to face mental health struggles together

IF YOU ARE ...

FEELING OVERWHELMED OR DEPRESSED, you can take a brief online quiz to assess your emotional health. Here are a couple of helpful assessments:

[HELP YOURSELF HELP OTHERS SCREENING](#)
[PSYCHOLOGY TODAY MENTAL HEALTH ASSESSMENT](#)

INTERESTED IN SEEKING TREATMENT, you can find a facility near you with [SAMHSA's Behavioral Health Treatment Services Locator](#). (Important note: This is a government website that compiles a list of local facilities; we do not endorse any specific location and encourage you to ask questions to find the best place for you.) Another source for help is the [National Institute for Mental Health](#).

IN ANY TYPE OF CRISIS AND FEEL THE NEED TO TALK ANYTHING OUT, you can text 741-741 from anywhere in the United States. You will be put in touch with a trained crisis counselor.

EXPERIENCING THOUGHTS OF SUICIDE, please know that you matter and support is just one phone call away. The [National Suicide Prevention Hotline](#) provides free, confidential emotional support for you @ 1-800-273-8255 and is available 24/7/365.