

# CHSAA

# Mental Health Monday

## Suicide and Mental Health Resources in Your Area of the State

Call the toll-free [988 Suicide & Crisis Lifeline](#) at **988**, 24 hours a day, 7 days a week. The service is available to everyone. The deaf and hard of hearing can contact the Lifeline via TTY by dialing **711** then **988**. All calls are confidential. Dial **911** in an emergency.

Learn more on the 988 Suicide & Crisis Lifeline's [website](#).

### RESOURCES

[Major Depression](#) | [Any Anxiety Disorder](#)

[Planting 'SEEDS' of a Healthy Brain](#)

[3 Good Things: Apple](#) | [Google Play](#)

[iMatter](#)

state funded resource for Colorado teens - virtual therapist

### For more additional Mental Health Information:

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## *Kicking Off the 2025–2026 High School Athletic Season: Supporting Our Student-Athletes' mental health*

Transitioning from summer routines to the demands of school and athletics can be challenging, often impacting student-athletes' mental health and well-being. On top of managing new schedules and academic pressures, many face tryouts, roster decisions, and competition for starting spots, which can heighten student-athletes' stress and anxiety.

### Here are some ways to support your student-athletes and their families as they navigate the transition into the start of the athletic season:

- **Know your Supports:** All High School student-athletes, families and coaches should be familiar with their school and community supports, such as School counselors, Social/Emotional learning specialists, District recommended mental health providers, Tutors, Academic coaches, the 988 mental health hotline, and the [iMatter program](#) (free therapy for Colorado youth).
- **Connect student-athletes early and often:** Make sure student-athletes and families know who to talk to and where to go for help before challenges arise. Discuss these resources (listed above) openly at team functions and establish these connections before they are needed in a crisis. This helps student-athletes and families navigate the system smoothly and access help in a timely manner.
- **Normalize conversations:** Talk openly about the emotions tied to making, or not making, the team and shifting roles. Offer feedback, growth opportunities, and remind athletes of their value, whether they are starters, reserves, or exploring new opportunities. No matter their role on your team, *it's important that each student-athlete knows they hold value and purpose within your program, school and community*. Closing practices and competitions with this simple reminder is highly impactful from a mental health standpoint.
- **Prioritize individual check-ins:** Student-athletes are more than just players, they're individuals with complex lives outside of competition. Over the summer, many have experienced changes at home, shifts in friend groups, or personal challenges that affect how they show up on the field or court. Coaches and others within the athletic community can make a powerful impact by setting aside time for one-on-one check-ins, particularly early in the season. Ask about their goals and stresses, both academic, personal and athletic. Listen without judgment, connect them to support if needed, and show them they are valued as individuals first and athletes second.

### Here are some talking points for student-athletes:

- **Allow Yourself to Feel Disappointed:** It's okay to feel upset about not making the team you wanted, losing a position, or needing to explore different opportunities. Sadness, frustration, embarrassment, and confusion are all normal and valid. Give yourself space and time to process these feelings, it's part of coping and moving forward.
- **Focus on Your Physical & Mental Well-Being:** Take care of yourself during this difficult time: Prioritize 8–10 hours of quality sleep, maintain balanced nutrition, keep up with exercise, even outside your sport. Prioritizing sleep, nutrition, and exercise can significantly support your mental health, especially during a challenging time.
- **Stay Connected:** Lean on friends, family, teammates, and trusted adults for encouragement. Surround yourself with people who lift you up and remind you of your value. Feeling supported can make tough moments easier to manage.
- **Ask for Help:** It's important to reach out to trusted adults such as school counselors, coaches, mentors, or therapists. Asking for help is a sign of strength. These individuals often have excellent listening skills and can offer valuable guidance and unique suggestions to help you move forward.
- **Keep Perspective:** This moment may feel huge, but it is just one step in your athletic and life journey. Stay open to new opportunities and experiences that may come from this setback, sometimes challenges create the greatest growth opportunities.

When student-athletes feel genuinely cared for by their athletic community, their mental health, confidence, and performance all flourish. Continue to provide outstanding care to our student-athletes as we begin the 2025–2026 athletic seasons!