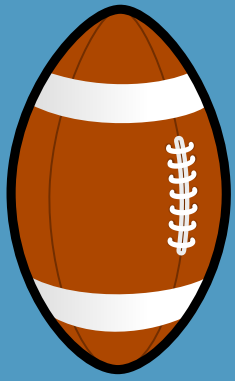


# STUDENT ATHLETE MENTAL HEALTH MATTERS



Athletes face intense pressure, balancing rigorous training with academics and personal expectations.



Only 10% of college athletes with known mental health conditions seek help.

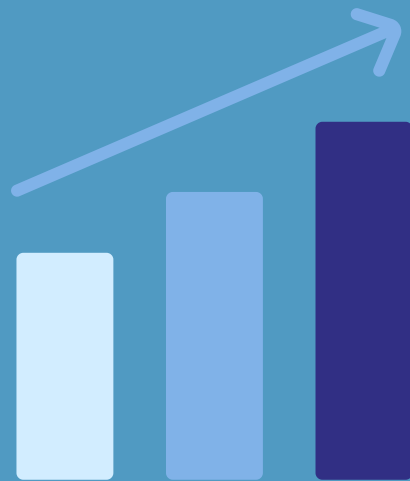
(American College of Sports Medicine)



Suicide is the second leading cause of death in college athletes, doubling to 15.3% in the past 20 years.

(British Journal of Sports Medicine)

Athletes, along with coaches and team captains, should be educated on recognizing common symptoms of mental illness to better support themselves and their teammates.



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