

Mental Health for Athletes



SAN DIEGO
UNIFIED
SCHOOL
DISTRICT

October: Destigmatizing Mental Health In Sports

Hello everyone! On behalf of SDUSD SWEAR (*Student Wellness Education and Resources*), we (SWEAR Sports) are excited to release our very first monthly edition of the *Mental Health for Athletes* newsletter. Our goal as a committee is to provide



Mental Health in HS Sports Ted Talk

Ted talk done by Addi Dodder - was a varsity basketball player in high school while juggling other extracurriculars.



- speaks on how mental toughness doesn't always equal good mental health
- how sleep heavily affects your mindset especially as an athlete
- burnout is normal for all athletes and does not make you a quitter



Athletes' Mental Health Foundation

a mental health website for athletes

Founded by two mental health professionals who aimed to make it easier for athletes to discuss their mental health issues and challenges in their sports.

Athletes — Resources

We know the likelihood is that athletes are focused on mind over matter - or mental toughness. We get it - that's the training of bein...



Athletes mental health foundation

Includes:

- Mental health resources for athletes
- Videos of coaches and athletes who have struggled with mental health
- Videos to help with more specific problems related to mental health
- New and updated resources



- Michael Phelps is the most decorated Olympic swimmer, but he struggled with depression and anxiety during his career. After feeling pressure from constant competition, he faced low points, including suicidal thoughts. By seeking help and speaking openly, he now raises awareness about mental health and encourages others to get support. Remember that you are not alone, you matter.
- Watch this video:



Thank you!