

Mental Health Essentials for Coaches



ABOUT THE PROGRAM

75-minute training for athletic coaches & PE/Health/Wellness teachers

Coaches will learn strategies to include mental health as part of the team's culture, how to identify when athletes need referrals for mental health, how to manage mental health on the field/court, and how to take care of their own mental health.

Available as

- **A live training** by MHC trainers
- **A train-the-trainer** model whereby the Athletic Director and Guidance Department are given all resources needed to implement the training in perpetuity **(2.5 hours)**

Evidence-based

*Delivered by experienced
clinicians and coaches*

*Offered virtually or
in-person*

"The staff were engaging, enthusiastic, and knowledgeable about mental health. They offered concrete suggestions for helping [athletes] cope with mental health challenges."

ANONYMOUS COACH, MARCH 2023



Mental Health Collaborative is a nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: obtaining and maintaining good mental health, understanding mental illnesses, decreasing stigma, and knowing when, where, and how to get help. Our programs are backed by Mental Health America, the JED Foundation, and the National Academy of Health and Physical Literacy.

To learn more about this program,
contact Abbie Rosenberg • 508-625-1660
abbie@mentalhealthcollaborative.org
or visit mentalhealthcollaborative.org

This training was
developed in collaboration
with Cognition Consulting

