Mental Health Essentials for **Coaches**

ABOUT THE PROGRAM

Coaches & athletic staff will learn to:

- Integrate mental health into their team's culture
- Recognize when athletes need support & know how to respond
- Promote mental health on the field & court
- Prioritize & care for their own mental health as a coach & leader

Direct Delivery: 90 minutes, **Train-the-Trainer:** 2.5 hours

*At least one mental health professional must participate for your organization to be eligible for the Train-the-Trainer model

Evidence-based

Delivered by experienced clinicians and educators

Offered virtually or in-person

"Thank you for bringing light to mental health! Like any other injury you would address, mental health needs to be addressed just as much!"

ANONYMOUS COACH

Mental Health Collaborative

is a 501(c)3 nonprofit organization that provides evidence-based programs on the 4 components of mental health literacy: decreasing stigma, understanding mental illnesses, promoting positive mental health, and enhancing help-seeking efficacy. Our programs are backed by NAHPL, the JED Foundation, and the National Center for School Mental Health.

To learn more about this program, contact us at 508-625-1660, info@mentalhealthcollaborative.org or visit mentalhealthcollaborative.org

Ask us about our Champion of MHL Seal :