4. Health-Promoting Environments that Support Mental Well-Being and Resilience

The primary athletics health care providers and the licensed practitioners who are qualified to provide mental health services to student-athletes meet on an annual basis and develop strategies for educating student-athletes about institutional procedures for mental health referrals and management.

All SAAC representatives and student-athletes receive information on an annual basis about:

- Signs and symptoms of mental health disorders and how to obtain mental health guidance from the primary athletics health care providers (athletic trainers and team physicians) and licensed practitioners who are qualified to provide mental health services.
- Programming about preventing and responding to sexual assault, interpersonal violence and hazing.
- Programming about peer intervention in the event of teammate mental health distress.

All coaches and faculty athletics representatives receive information on an annual basis about:

- Programming to support appropriate first response to emergency situations.
- Signs and symptoms of mental health disorders.
- The importance of, and how to, create a positive team culture that promotes personal growth, autonomy and positive relations with others.
- Information about sexual assault, interpersonal violence and hazing.
- How to encourage and support team members who are facing mental health challenges to seek appropriate management and referrals from the primary athletics health care providers (athletic trainers and team physicians) and licensed practitioners who are qualified to provide mental health services.
- The specific referral process that coaches should follow if they are concerned about a student-athlete’s mental health.
- The importance of understanding and helping to minimize the possible tension that can exist in student-athletes about adverse consequences for seeking mental health care.