



# Mental Health Referral for Student-Athletes: Web-Based Education and Training

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## THE FACTS

- Student-athletes have mental health needs
- Campuses have mental health resources



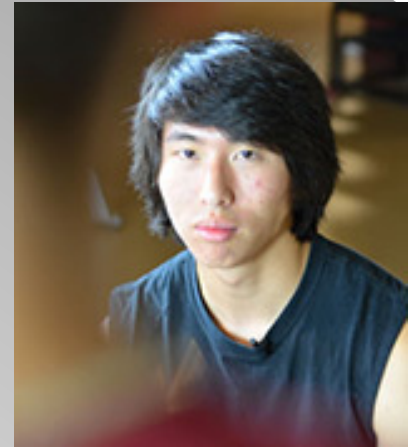
## THE CHALLENGE

- Getting student-athletes to the resources
- Suicide is the third-leading cause of death for NCAA student-athletes

[www.SupportForSport.org](http://www.SupportForSport.org)

# EMPOWERING STUDENT-ATHLETES

- Knowledge
- Confidence
- Skills



## THE METHOD

- Website
- Non-linear
- Multiple paths to key ideas

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## KEY IDEAS

- Referral helps people get better faster and stay better longer
- To make a referral
  - **Recognize** - what's going on in this situation
  - **Extend** knowledge - learn more
  - **Facilitate** a conversation - start talking
  - **Evaluate** the experience - how did things go?
  - **Revise** and revisit - continue the conversation with follow up as needed



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# OVERVIEW OF WEBSITE

## Myth

Student-athletes drink but they don't have real alcohol problems.

## Fact

Serious alcohol problems affect student-athletes.

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## RESEARCH RESULTS

- Study 1- usability high
- Study 2- acceptable to ADs and coaches
- Study 3- student-athlete controlled trial
  - Increased knowledge
  - Increased mental health referral efficacy
  - Good treatment acceptability



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## TAKE HOME MESSAGE

- SupportForSport.org is effective
- Viewing takes 15-20 minutes
- SupportForSport.org access is free



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