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To: NCAA Student-Athletes Participating in Division I, II or III.

Divisions I, II and III student-athletes across the country have named mental health as one of the top priorities on their campuses. The NCAA Sport Science Institute (SSI) has listened carefully to our requests and worked hand in hand with experts at our member institutions and national mental health organizations to develop the first student-athlete focused mental health resource, titled "Mind, Body and Sport," and a new mental health best practices resource for college athletics administrators.

We are writing today to make sure you are aware of the new mental health best practices resource (found here). This document is an aid for college athletics administrators developed with the endorsement of more than 20 sports medicine, mental health and higher education associations and it has now been endorsed by all three divisional NCAA Student-Athlete Advisory Committees.

Please be sure to speak with your institutional administrators about the importance of mental health issues on your campus and share this memo with them. It is important that they know the resources that are available to them as administrators and that they partner with student-athletes to address this important issue on your campus.

Where can we find more resources?

Mind, Body and Sport: http://www.ncaa.org/health-and-safety
National Suicide Prevention Lifeline: 800-273-8255 (TALK)
StepUP! Bystander Intervention training: http://stepupprogram.org/
National Alliance on Mental Illness (NAMI) on Campus for student support: http://www.nami.org/Find-Support/NAMI-Programs/NAMI-on-Campus
Ulifeline for confidential online assistance: http://www.ulifeline.org/

Thank you for your support in this effort.

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cc: Selected NCAA Staff Members