



[Student Athletes Need to Talk About Mental Health | Mya Schnader | TEDxYouth@CarmelByTheSea](#)

Student athletes are people too, which means they can experience the same mental health issues that others do. They have to handle stressors from their sport and school life, so it can be very difficult to handle. At Winthrop, it is a priority to give students the resources they need to help manage their mental health, and effectively help them through their problems.

Common Reasons Student Athletes Seek Help:

- Reasons similar to other students
 - Anxiety
 - Depression
 - Eating Problems
 - Academic Problems
 - Substance Abuse
- Student Athlete Specific Reasons:
 - Performance Anxiety
 - Relationships with coaches, teammates, etc.
 - Team Dynamics
 - Pressure/Expectations from Coaches
 - Being a better teammate

General Tips to Help Improve Mental Health

- Social Connection: Surround yourself with people that you are comfortable talking with
- Appeal to your senses: Do things that make you feel calm. Avoid activities and situations that put excess stress on you
- Relaxation Practice: Activities such as mindfulness and meditation can help to reduce overall stress

- **Leisure Time:** It is easy to become busy and overwhelmed, so leisure time is important to help recharge yourself, and it is important for mental and emotional health
- **Seek Professional Help:** If you or someone you know needs support, there are many resources that are available for you

Signs and Symptoms:

- Changes in personality, eating habits, or sleeping habits
- Feelings of disconnection with life or normal activities
- Anxiety
- Prolonged sadness or mood swings
- Suicidal thoughts
- Substance misuse

Getting Help:

- Many people consider their signs and symptoms normal parts of life, but if you are concerned about your mental health, do not hesitate to seek help.
- Mental health professionals are trained to help people deal with and manage their mental health, so they are people you can trust. They will do their best to help you through your problem.
- With the proper help, you can determine if you have a mental health condition, and how to go about improving. Most importantly, you will receive treatment in the form of medication or counseling.

Resources

For additional information regarding mental health concerns, please refer to the following links:

- For Mental Health Educational Resources
 - [Mental Health Educational Resources - NCAA.org](https://www.ncaa.org/sportscare/mentalhealth)
- For Research on Mental Disorders
 - [National Institute of Mental Health](https://www.nimh.nih.gov/)
- For General Information on Mental Illness
 - [Learn more about mental health | NAMI: National Alliance on Mental Illness](https://www.nami.org/)
- For Self Help Resources
 - [CCI - Self Help Resources for Mental Health Problems](https://www.cci-mentalhealth.org/)

On Campus Resources:

- Center for Student Wellness
 - Monday - Thursday: 8:30am to 5:00 pm; Friday: 9:30am to 5:00 pm
 - 803-323-2206
- Office of Victims Assistance
 - 803-280-9467

Winthrop's Director of Mental Health & Performance:

- Dr. David Schary
 - 803-323-4648
 - scharyd@winthrop.edu