

Athlete



MENTAL HEALTH

ADVOCACY DAY



athletes for hope
WHOLE BEING
ATHLETE

ONLINE TOOLKIT 2024

The Athlete Mental Health Alliance (AMHA) aims to support athletes in advocating for mental health assistance tailored to their specific needs.

We work towards creating a national plan shaped by athletes themselves through research, advocacy, and partnerships. Our goal is to empower athletes to voice their concerns and become pioneers in developing mental health solutions. We are pushing for the implementation of universal legislation that guarantees mental health rights for all athletes. Join us today in reshaping the game for all athletes!

Town Hall

Attend our Athlete Mental Health Advocacy Day Town Hall

Topic: AFH's Athlete Mental Health Advocacy Day - Town Hall

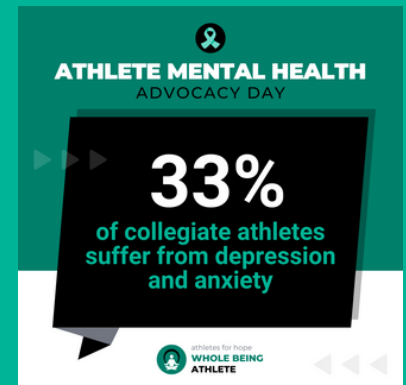
Time: May 21, 2024 09:00 AM Eastern Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/85173343005?pwd=bStHM3JnYjhCMld0YVdXUFNoY2N5QT09>

Meeting ID: 851 7334 3005

Passcode: 704692



[Download Asset](#)



[Download Asset](#)



[Download Asset](#)

Legislators

Reach out to your legislators

Find your local, state, and national representative:

www.usa.gov/elected-officials

Email template:

Dear **[Legislator's Name]**,

I am writing to urge your support for legislation that addresses the critical issue of athlete mental health. As a constituent and a concerned citizen, I believe it is imperative that our lawmakers take proactive steps to prioritize the mental well-being of millions of athletes at all levels.

Athletes face unique pressures and challenges that can have profound impacts on their mental health. From the intense scrutiny of performance to the physical demands of training and competition, athletes often contend with significant stressors that can contribute to anxiety, depression, and other mental health issues. Unfortunately, the stigma surrounding mental health in sports too often prevents athletes from seeking the support and resources they desperately need.

By supporting legislation aimed at improving athlete mental health, you have the opportunity to make a meaningful difference in the lives of countless individuals. We believe that all athletes have the right to:

- Mental health support for performance on and off the field
- Timely referrals to mental health experts for psychological disorders and conditions
- Training, education and awareness focused on the importance of mental wellness, identifying mental health conditions, and finding mental health resources
- Coaches and trainers who are trauma-informed and some level of mental health training
- Equal and equitable access to mental health screenings, treatment and education
- Healthy bodies and healthy body images
- Support in career transition
- Adequately manage injury
- Confidential access to mental health services
- Support for athletes, coaches and teams after loss of life
- Funding towards impact and outcomes research on athlete mental health
- Positive and healthy coach-to-player relationships

As your constituent, I urge you to champion this cause and advocate for legislation that supports the mental health and well-being of athletes. Our athletes dedicate themselves to representing our communities with pride and excellence, and it is our responsibility to ensure that they have the support they need to thrive both on and off the field.

Please feel free to view the Legislative Platform created Athletes for Hope [here](#).

Thank you for your attention to this critical issue. I look forward to seeing your leadership in advancing legislation that prioritizes athlete mental health.

Other Ways to Become Involved

Sign up for QPR training:

QPR Training

Sign on to AFH's Athlete Mental Health Petition:

Athlete Mental Health Petition

Letter for Katie's Save:

We currently have one way that you can support athlete mental health and advocate for additional resources. Gina and Steve Meyer, the parents of Katie Meyer, are looking for Letters of Support for California - AB 1575. If you would like to write a letter, you will need to click on the website below, create a username and password, and submit your writing. If you have any questions, please contact info@katiessave.org.

Position Letter Portal

Here is a template if you need some direction on what to say:

I am writing to express our support for AB 1575, also known as Katie Meyer's Law. As a **[current or former student athlete]**, I believe this bill is crucial for ensuring fairness and due process for student-athletes in universities across California.

AB 1575 aims to guarantee that students facing allegations of misconduct are provided with adequate support and representation throughout the adjudication process. Under this proposed legislation, students would have the right to be represented by an adviser upon receiving a notification of an alleged violation of the institution's student code of conduct.

[Include personal story on why this is important] OR [As an advocate for student athletes, I understand the importance of fair and transparent disciplinary processes, especially when allegations may impact their academic and athletic careers. By enacting Katie Meyer's Law, California can lead the way in prioritizing student rights and ensuring that all individuals receive a fair opportunity to defend themselves.]

I believe that AB 1575 aligns with our values and commitment to promoting equity and justice within higher education. Therefore, we urge you to support this bill and work towards its swift passage.

Thank you for considering our perspective on this critical issue. We look forward to your support of AB 1575.