

Take Action for Athlete Suicide Prevention

A Roadmap for

Athletes

How you and your team can make a difference

While all students have a lot on their plate, student athletes face additional stress from time dedicated to practice, games, and the pressure to perform and excel. Several recent student athlete deaths by suicide have raised local and national attention. By recognizing the signs of suicidal thoughts and knowing where to turn for help, you have the power to help someone find their reasons for living. Even if that someone is you.

If you know that a student athlete is experiencing or talking about:

- Wanting to stop living
- Not seeing reasons to live
- Feelings of guilt, shame, or being a burden to others
- Having a sense of emptiness, hopelessness, or being trapped
- Periods of extreme sadness, anxiety, agitation, or rage
- Unbearable emotional or physical pain

Call or text 988, or chat at [988Lifeline.org](https://988lifeline.org) to connect to help 24/7

Other warning signs can include:

- Having a plan for self-harm
- Giving away important possessions
- Withdrawing from friends and family
- Sudden extreme mood changes
- Increased risk-taking, including abuse of alcohol or other drugs



How to start a potentially life-saving conversation about suicide ►

If you are concerned for yourself, a friend, or someone on your team, check in with them.

Here are some ways to get the conversation started:

Be Prepared: Have a list of crisis resources on hand. Practice what you will say. And make sure you have enough time and a safe space to talk.

Be Direct: You can ask the student questions like:

- "I feel like you haven't been yourself lately."
- "Do you want to talk about anything?"
- "Have you been having a tough time recently?"
- "Are you thinking of hurting yourself?"
- "I'm here for you. You are not alone."
- "Can you tell me how I can help?"

Listen: Your friend or teammate may give you their own reasons why they are thinking about living or dying. Hear them out and let them know you understand. Get them talking about why living is an option for them.

Plan For Safety: Ask them if they have a specific plan for ending their life, and if they think they might act on it. If the answer to both is "yes," get help now. Stay with them, do not leave them alone.

Get Help: If a friend or teammate is considering suicide, reach out for support. Talk to an adult or peer you trust and use resources such as the 988 Lifeline or Teen Line ([TeenLine.org](https://teenline.org)).



There are many other places where you can find out more about preventing suicide. The *Know The Signs* website ([SuicidalsPreventable.org](https://suicidalspreventable.org)) is a great place to start.

TAKE ACTION

FOR MENTAL HEALTH

CHECK IN

LEARN MORE

GET SUPPORT

Take Action at
TakeAction4MH.com

Connect on social media
@TakeAction4MH

You can also visit **TakeAction4MH.com** to check in, learn more, and get support for your mental health and the mental health of people you care about.

We're all on
#TeamTakeAction4MH!

CalMHSA
California Mental Health Services Authority



Funded by counties through the voter-approved
Mental Health Services Act (Prop. 63).