

# MENTAL HEALTH & WELLNESS

As a student-athlete you will face unique and compounding stress. You will experience all the opportunities and challenges of a typical college student with the additional role of being a college athlete. Having good mental wellness is critical so that you can excel in your multiple roles, effectively manage your stress, as well as work productively in the classroom and in your sport.

It's important to understand that there is no wellness without mental wellness. A student-athletes' mental wellness will fluctuate along a continuum with resilience and thriving on one end and mental illness with severe functional impairment on the other. Student-athletes will move back and forth along this continuum as they react the pressure of athletics, academics, and everyday life. However some student-athletes may slip into a more serious condition that requires professional care where support is needed. Participation in sport can help students develop and maintain good mental wellness but the culture of sport can sometimes promote a stigma around mental health that discourages a student-athletes from seeking help for issues such as anxiety, depression, and stress. It's important that we support our teammates and act when we see early red flags. You play a central role in normalizing care seeking behaviors, especially when someone may benefit from accessing mental health services

## Continuum of Wellness

### SELF-CARE & SOCIAL SUPPORT

### PROFESSIONAL SUPPORT

#### THRIVING & RESILIENCE

1. Normal mood fluctuations
2. Normal sleep patterns
3. Self-confident
4. Consistent Performance
5. Taking things in stride
6. Productive, coping well
7. Finding meaning & success in life

#### PERIODIC DISTRESS

1. A little stress and worry
2. Occasional dips in functioning
3. Impatient or irritable
4. Intrusive thoughts
5. Difficulty relaxing
6. Decreased social activity
7. Low energy

#### FUNCTIONAL IMPAIRMENT

1. Lingering sadness
2. Decreased performance in academic or sport
3. Preoccupation
4. Significantly troubled sleep
5. Irritable, panicky, restless
6. Withdrawal from social situations

#### SEVERE FUNCTIONAL IMPAIRMENT

1. Significant difficulty with emotions & thinking
2. Suicidal thoughts, intents, or behaviors
3. Constant fatigue, overwhelmed
4. Damaged relationships
5. Aggressive, Depressed, Anxious

Asking for help with anything can be difficult, especially when you're dealing with a mental health issue. As athletes, we're often taught to "tough it out" or "suck it up." When we're dealing with a little discomfort, that can work. When we're dealing with a medical condition like depression or anxiety, toughing it out does NOT help us to get better. The good news is that help is available. Below is a list of contacts, both within the athletic department, campus, as well as local & national resources that can help you connect with professional support. **Reach Out- Ask for Help- You are worth it!**

#### ATHLETIC DEPARTMENT RESOURCES

If you would like to set up an appointment to discuss accessing mental health services, please contact:

##### Athletic Training Room

Contact your trainer directly or call Athletic Training Room at **ph. (785) 864-7938**

##### Kristie Baumchen, LMSW

Student-Athlete Wellness Coordinator  
ph. (785) 393-5015  
email [kbaumchen@ku.edu](mailto:kbaumchen@ku.edu)

#### UNIVERSITY OF KANSAS CAMPUS

Your campus has many resources that you can access as a student at the University of Kansas. They are:

##### Counseling and Psychological Services

(CAPS) department is co-located on the second floor of Watkins Health Center. CAPS can be reached at **785-864-2277**.

##### ULifeline

Online resource library for KU students  
Need help now?  
Text "**START**" to **741-741** or call **1-800-273-TALK (8255)**  
<http://www.ulifeline.org/UKansas/>

#### LOCAL/NATIONAL RESOURCES

##### National Suicide Prevention Lifeline

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 /7  
**Call 1-800-273-8255**

##### Crisis Text Line

How Does Crisis Text Line Work?  
Serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust:  
**Text HOME to 741741**