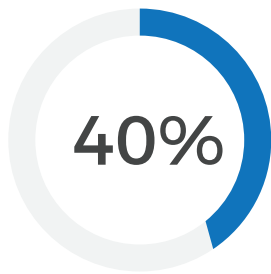
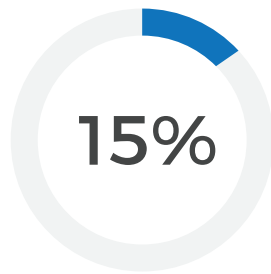


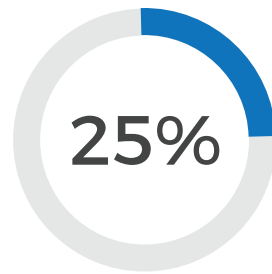
Student-Athlete Mental Health Fact Sheet



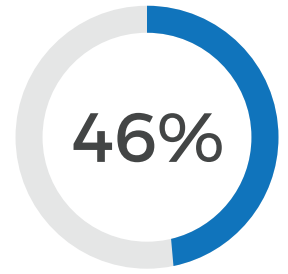
40% of youth identify as perfectionists



15% of student-athletes have mental health symptoms that warrant treatment.



25% of student-athletes show signs of depression.



46% of trainers believe having on site mental health services would improve overall care.

IMPACT



70%

Youth drop out of organized sports by 13 years old from distress of not meeting expectation.

33%

Rise in rate of socially adopted perfectionism in youth from 2016 compared to 1989.

2-4x's

Rate of increased risk to youth when exposed to a peer's death by suicide.

SUICIDE



Suicide is the second leading cause of death in youth ages 15 to 19.

26%

The increase in internet searching for "how to commit suicide" after the premiere of 13 Reasons Why.

NEXT STEPS

- Never agree to keep the secret of suicidal desire, plans or interest.

- Monitor all social media for posts or "likes" that endorse, support or call for danger to self or others.
- Never assume that success in one life area is a sign of overall happiness.

Perfectionism highlights weakness and overshadows strengths, leaving you chronically unsatisfied.

1. Report your concerns to a coach, teacher, pediatrician or other adult in charge immediately.
2. Take all reports of self harm, depression anxiety and over-achieving distress seriously.
3. Replace "perfect" based language with personal best standards.

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YOU MATTER!

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CRISIS HELP Line 24/7
1(800)273-8255

Data Compiled by HAWC Member @DrCaseyCooper

#PerfectionismHurts