



## CIF Student Health and Wellness



### Understanding and Addressing Depression with the Student-Athlete

Depression is a common condition that can impact all students. Untreated depression can have serious consequences including suicide. Depression is a treatable mental health condition, and early intervention and treatment can lead to better outcomes.

#### **Signs and Symptoms**

- Persistent sadness or empty mood
- Dramatic changes in academic and athletic performance, sleep, appetite, weight, concentration and energy
- Lack of interest in activities
- Hopelessness or guilty thoughts
- Increased irritability or less able to tolerate frustration
- Physical aches and pains
- Self-harming behaviors
- Suicidal thoughts

#### **What Student-Athletes can do:**

- Recognize depression symptoms and talk with your parent, guardian, relative, teacher, coach, school counselor or other trusted adult. They can help you find a licensed mental health provider\* so that you can get treatment. The important thing to remember is that you are not alone and that you will get better with support and treatment.
- If you feel suicidal, tell a trusted adult or friend. You can also contact the National Suicide Prevention Lifeline at 988 (You can find this number on the back of your student ID card).
- Practice good self-care; this includes getting restful sleep, managing stress, eating a healthy diet, and participating in an appropriate amount of exercise.
- Avoid drugs and alcohol. This can make your symptoms much worse.

#### **What can families, teammates, coaches, and school staff do:**

- Recognize the signs and symptoms of depression
- Seek support from the school counselor and help facilitate a connection with the student-athlete
- Be aware of local resources and providers

\*Licensed mental-health care provider is a provider with a degree/license of MD/DO, Psy.D., Ph.D., LCSW, LMFT