



COVID-19 and Mental Health Updates

As we continue to navigate the challenges of COVID-19 and the effects of physical distancing, the Sport Science Institute would like to provide you with an update on new mental health resources. Taking proper care of both your body and mind can help you maintain your physical, mental and emotional health.

Selected Resources

- The Alliance of Social Workers in Sports (ASWIS) has created a [COVID-19 website](#) with resources for the athletics community.
- Several of the nation's leading mental health organizations have collaborated to create [PsychHub](#). This website provides free resources on various mental health topics and includes videos and tip sheets.
- Hilinski's Hope has launched a podcast, [UNIT3D](#), as a resource meant to offer support for student athlete mental health during COVID-19. Each episode (there are up to three each week) will feature a licensed mental health professional talking about one way to take care of your mental health during these unsettling times.
- The Association for Applied Sport Psychology has created [COVID-19 tips](#) for athletes, coaches, parents and the sporty community.
- For the latest information on COVID-19, see the Centers for Disease Control and Prevention (CDC) [COVID-19](#) website.
- To stay up to date on news from the NCAA on COVID-19, please visit our [COVID-19 page](#).

We thank you for your continued efforts in keeping our communities and student-athletes safe and healthy.

This email was sent to NCAA Divisions I, II and III Athletics Health Care Administrators, Conference Commissioners, Directors of Athletics, Head Athletic Trainers, Head Team Physicians, Strength and Conditioning Coaches, Senior Woman Administrators, and Student-Athlete Advisory Committee members based on contact information in the [NCAA Directory](#); and to select NCAA staff.

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