

10 TIPS

FOR SUPPORTING THE

MENTAL WELL-BEING

OF STUDENTS

WANT TO SUPPORT THE HIGH SCHOOL STUDENTS IN YOUR LIFE?

LET THEM KNOW YOU CARE.

They want someone to invest in them. To make them feel seen and heard. To love them for who they are and who they're becoming. **Be that person.**

Reference these 10 tips before each season and implement the #WeSeeYou culture within your athletic department. You can also distribute them to teachers, principals, superintendents and other school staff.

1. UNDERSTAND THE REAL DEFINITION OF MENTAL HEALTH.

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community," per the World Health Organization. It's a spectrum that is less often about extremes or crises and more often about coping with everyday challenges—most of us live in the middle.

2. ACKNOWLEDGE AND CONNECT WITH ALL STUDENTS.

All students—not just the ones who help win championships—want to feel seen by someone who matters to them, like a coach, athletic director or teacher.

3. KEEP IN MIND THAT STUDENTS ARE SEEING LIFE THROUGH A HIGHLIGHT REEL.

Teenagers are "seen" a lot on social media, but are they seen for who they truly are? Be the person who wants to know and support the real them.

4. CREATE A CULTURE WHERE EVERYONE IS LOOKING OUT FOR EACH OTHER.

It is not one sole person's responsibility to check in and see how everyone on the team is doing. We can all play a part in noticing, acknowledging and offering support to one another.

5. REMEMBER YOUR INFLUENCE IS GREATER THAN YOU OFTEN REALIZE.

Far beyond their athletic potential, you can make subtle differences in your students' lives by paying attention to their behavior and who they are as people.

6. DON'T FORGET WE ALL HAVE DIFFERENT CAPACITIES FOR STRESS.

And it can change day to day. Rather than judging the validity of someone else's stressor, consider how many stressors they are juggling at one time and empathize that they may have one too many to handle at once.

7. DETERMINE IF STUDENTS ARE "SORE" OR IF THEY ARE "INJURED."

Like with physical endurance, coping with stress can feel exhausting. But it's important to notice the difference between being "sore" (feeling anxious or down) and being "injured" (a mental health crisis). Help your students work through their "soreness" by developing coping skills to build stamina.

8. OFFER SUPPORT AND GUIDANCE.

While most high school students might not experience a mental health crisis, they are still faced with adversities they have never dealt with before. Remember it's not your job to diagnose or treat; it's your job to offer support and guidance and teach them how to be resilient.

9. ENCOURAGE STUDENTS TO GET MORE SLEEP.

A consistent lack of sleep is directly correlated with lacking the ability to cope with stress properly.

10. CONTINUE SEEKING RESOURCES.

Again, the mental well-being of students is not one sole person's responsibility. Surround yourself with resources to reference and a network of support to turn to.

Learn more and get free resources on our website:

[WeSeeYou.Community](https://www.weseeyou.org)



#WESEEEYOU

