

# HOW COACHES CAN BECOME MORE AWARE OF THEIR ATHLETES MENTAL HEALTH

 @BELIEVEPHQ



Check in with your athletes on a regular basis. A text can go a long way



Learn about common mental health problems and the signs and symptoms. This will help to develop great awareness



Support your athletes to monitor their mental health through the use of diaries



Schedule time within training where you focus on mental and physical wellbeing



Make sure to ask your athlete what they are thinking and how they are feeling



Questionnaires can be a useful tool to measure anxiety and low mood. Before using make sure you understand the advantages and disadvantages to using questionnaires



Include mental health into regular conversations. Understand how your athlete responds to stress/pressure and the impact it has on them

