

HOOS HERE TO HELP?

DID YOU KNOW?

UVA offers FREE counseling services to students

SPORTS PSYCHOLOGISTS

McCue 3rd floor

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CAPS: COUNSELING & PSYCHOLOGICAL SERVICES

Student Health, 400 Brandon Ave.

Daytime
434-243-5150

After Hours/Crisis
434-972-7004

UVA WOMEN'S CENTER

1400 University Ave.

434-982-2252

Individual, couples,
and group counseling

SIGNS THAT A TEAMMATE MAY BE STRUGGLING¹

Anxious • Skips classes/practices/meetings • Trouble sleeping
• Change in eating habits • Decreases in performance -
academics, personal life, athletics • Substance Misuse

HOW TO TALK TO A FRIEND²

Listen to them • Refrain from judgment • Connect them to the proper resources • Give them the option to take you along to meetings with them for support • Let them know they are not alone

“Probably the most serious mistake that anyone can make in (mis)managing a student-athlete with a mental health problem is to respond as if the problem is trivial or is a sign of weakness.”

For more UVA resources visit
www.virginia.edu/studenthealth/caps/MHServices.html

¹ <http://www.mayoclinic.org/diseases-conditions/mental-illness/basics/symptoms/con-20033813>

² Managing Student-Athletes' Mental Health Issues, NCAA Publication, 2007

