

Referral Processes for Mental Conditions

Identify the signs and symptoms

- ☐ Depression
- ☐ Anxiety
- ☐ Eating disorders
- ☐ Suicidal tendencies
- ☐ Denial of Injury

Recognize coping response

- ☐ Denial
- ☐ Anger
- ☐ Bargaining
- ☐ Depression
- ☐ Acceptance

Assist athlete

- ☐ Refer to mental health expert
- ☐ Provide coping mechanisms like meditation, relaxation, and thought stoppage
- ☐ Know your limits; when in doubt, refer to a professional.