



**Tough doesn't mean silent.
We're here for you.**



This toll-free line is available to help coaches navigate and identify appropriate resources for student-athletes who are experiencing symptoms of mental health disorders, struggling with suicidal ideation, or battling substance use concerns. Clinical advisors can assist them in connecting student-athletes with the treatment they need based on their specific circumstances.

**Call (850) 530-0932
for assistance.**

If you are in a state of crisis or need emergency services, please call 911 or go to your local emergency department.