Urgent/Emergency Services

When you need to act immediately:

- Call 911
- Go to a hospital
- Call the National Suicide Prevention Hotline at 1.800.273.8255 or online at https://suicidepreventionlifeline.org
- Text to connect at 741741

Other online resources:

1. The American Association of Suicidology has an excellent website on suicide issues and resources: https://www.suicidology.org/
2. The Suicide Prevention Resource Center has educational materials and resources at: http://www.sprc.org

Get Connected

Society for the Prevention of Teen Suicide
Get Connected at: http://www.sptsusa.org/get-connected/

Do You Have a Crisis Response Plan (CRP)?

Video link: https://youtu.be/Xs0k1tjgo2c
1. Personal warning signs
2. Self-management strategies
3. Reasons for livings
4. Social support
5. Professional crisis support
You are so much more than just an athlete. You are a friend, a son/daughter, a brother/sister, a teammate, a mentor, a musician, an artist, a friend. You matter.

We all struggle. We all can make it through the hard times and find fulfillment.

1. Be patient with yourself.

2. Work toward forgiving yourself.

3. We care about you!

Start with any of these steps:

a. Call 911
b. Go to a hospital
c. Call 1.800.273.8255 to talk
d. Text to connect 741741

Wrestling is a tough sport. But we don’t need to be tough all the time. It’s ok to ask for help both on or off the mat!