

# WORLD MENTAL HEALTH MONTH IN DCSD ATHLETICS

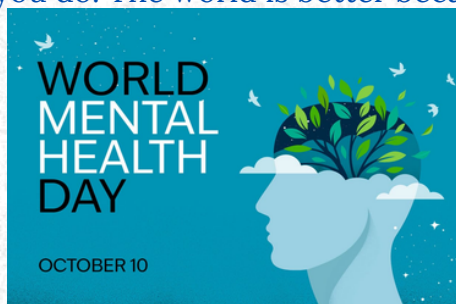


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Title IV Prevention Liaison, Dr. Torri Hornsby-Griffin, LPC

Did you know that October is not only dedicated to various important causes but is also recognized as **World Mental Health Month**? Throughout this month, people around the globe will engage in discussions, education, and actions aimed at enhancing mental health. The highlight of this initiative is World Mental Health Day, observed on October 10th, which focuses on raising awareness about mental health issues, supporting those facing mental health challenges, and bringing attention to mental health worldwide. The designated color for the day is green.

In our DCSD community, the mental well-being of both our student athletes and our coaches is of utmost importance and we want it to become easier to discuss, learn about and promote solid mental health in our coaching and playing sports. According to the NCAA, approximately 1 in 5 people in the general population face mental health challenges. Of the student athletes,, only 43% feel comfortable discussing their mental health concerns with a coach. This leaves 57% who could really benefit from activities and strategies that make talking

about mental health feel more natural. The National Federation of Mental Health has a theme for this year, and we agree that "It's Time to Prioritize Mental Health in the Workplace." While workplaces for coaches include fields, gyms, courts, tracks and classrooms, doing the actual work involves both students and other adults--other coaches, our parents, teachers and administrators. While coaching is primarily about leading and guiding student athletes, we also want to highlight the value of creating and maintaining healthy, adult, peer-to-peer relationships as well. Mental health and physical health go hand in hand, but it takes mental health to make physical health count. The better you take care of your mind, the easier it is to manage the many challenges that come with sports. This month, have a talk with your players about the importance of mental health. Need some ideas? Here's a video from the NCAA that may help. <https://www.youtube.com/watch?v=IvPhn4FZhvg>. Thanks for what you do. The world is better because of you.



For more information on Mental Health Matters, contact Title IV Prevention Liaison:  
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