



# ATHLETE MENTAL HEALTH RESOURCE GUIDE

## TEAM USA MENTAL HEALTH SUPPORT LINE

**+1 719-866-CALL(2255)**

The USOPC has contracted with a nationwide call center to create a confidential mental health support line that is available to Team USA domestically and internationally 24 hours a day, 7 days a week. Calling will connect Team USA athletes immediately to a licensed mental health provider who can assist in the management of mental health crises or provide resources related to mental health and wellness anywhere in the world.

## SAFESPORT HELPLINE

**+1 866-200-0796**

**[safesporthehelpline.org](https://safesporthehelpline.org)**

The SafeSport Helpline provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. Through this service, support specialists provide live, confidential, one-on-one support. All services are anonymous, secure, and available 24/7.

## USOPC MENTAL HEALTH REGISTRY

**[TeamUSA.org/MentalHealthRegistry](https://TeamUSA.org/MentalHealthRegistry)**

The USOPC Mental Health Registry which can be found on the Team USA Mental Health Hub at [TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth). The Registry allows Team USA athletes to search for highly qualified, licensed mental health providers – including social workers, professional counselors, marriage and family therapists, psychologists, and psychiatrists – who have experience working with elite athletes. Providers in the registry have completed a background screening, SafeSport training and antidoping training.

**If you are unable to find a referral through the registry, please contact USOPC Mental Health Services at [mentalhealth@usopc.org](mailto:mentalhealth@usopc.org).**

## EHOME COUNSELING GROUP

**[ehcmp.com/teamusa](https://ehcmp.com/teamusa)**

[eHome Counseling Group](https://ehcmp.com/teamusa) is a nationwide virtual counseling network that provides empirically-based mental health treatment anytime and anywhere with the highest quality licensed mental health providers on a convenient, confidential, and integrated platform. Get started by visiting [ehcmp.com/teamusa](https://ehcmp.com/teamusa).

eHome accepts health insurance and USOPC Mental Health Services will pay for any expenses outside of insurance. Contact [mentalhealth@usopc.org](mailto:mentalhealth@usopc.org) for assistance with co-pays and deductibles if applicable.

**For additional mental health resources for Team USA athletes, go to [TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth) or contact USOPC Mental Health Services:**

**[mentalhealth@usopc.org](mailto:mentalhealth@usopc.org)**

**+1 (719) 866-2388**

## WELLTRACK APP™

**Download WellTrack™ Mobile App**  
**Password: TEAMUSA**

The WellTrack™ app provides athletes with a suite of online tools and courses that incorporate Cognitive Behavioral Therapy to help identify, understand, and address their mental health. This app also connects directly to the Team USA mental health support line to manage mental health crises and/or provide mental health resources.

## HEADSPACE PLUS™

**Email [athleteservices@usopc.org](mailto:athleteservices@usopc.org)**

Through Intel, Team USA athletes have access to hundreds of resources for focus, sleep, movement and more, including content designed for recovery, competition, training and motivation through Headspace Plus™ – a meditation and sleep app used by more than 66 million and clinically proven to reduce stress, improve happiness and increase focus. Team USA athletes should email [athleteservices@usopc.org](mailto:athleteservices@usopc.org) to request membership access.

## USOPC ELITE ATHLETE HEALTH INSURANCE (EAHI)

### Mental Health Coverage

For Team USA athletes covered by the Elite Athlete Health Insurance, therapy/counseling sessions with an in-network or out-of-network licensed mental health provider have no co-pay and a deductible does not apply. If a Team USA athlete covered by EAHI engages in mental health provider who does not accept insurance, the athlete can seek reimbursement from the USOPC. For appropriate paperwork, please contact USOPC Mental Health Services at [mentalhealth@usopc.org](mailto:mentalhealth@usopc.org).

## PIVOT GROUPS

**Email [AthletePivot@usopc.org](mailto:AthletePivot@usopc.org)**

The Athlete Services Pivot Groups support Team USA athletes faced with unique transitions including, but not limited to: managing feelings after not qualifying for the Games, finding purpose after sport, mentally recovering from injuries, supporting a family while training, and more. These groups are a place for Team USA athletes to connect with one another and find commonalities, understanding, and mutual support.

In addition to holding space for athletes to connect with one another, USOPC Athlete Services will provide updates about available athlete resources.

To register or request more information, contact [AthletePivot@usopc.org](mailto:AthletePivot@usopc.org).

## USOPC SPORT PSYCHOLOGY

### Team USA High Performance

The USOPC's Sport Performance Department offers select Team USA athletes access to Sport Psychologists who are all licensed mental health professionals and support athletes in achieving sustained competitive excellence and well-being. Sport psychologists build and maintain in-depth relationships with athletes and teams, regularly traveling with them to major competitions to help develop the psychological tools necessary to perform well under pressure. When an athlete experiences a performance impairing mental health crisis or illness, the Sport Psychology team works closely with USOPC Mental Health Services to coordinate care for each athlete.

★ **FOR MORE**  
★ **INFORMATION**

- **[TeamUSA.org/MentalHealth](https://TeamUSA.org/MentalHealth)** ★
- **[mentalhealth@usopc.org](mailto:mentalhealth@usopc.org)** ★
- **Call +1 719-866-2388** ★