

# Mental Health

## ■ Resources and Events

- [Mind, Body and Sport: Understanding and Supporting Student-Athlete Mental Wellness](#)
- [NCAA Mental Health Best Practices: Inter-Association Consensus Document: Best Practices for Understanding and Supporting Student-Athlete Mental Wellness.](#)

## ■ Articles and Research

- [Study: NCAA Athletes Need More Coaching on Academics, Reality of Reaching the Pros](#)
- [Master My Me: Promoting Wellness in Student-Athletes](#)
- [Understanding and Promoting College Student-Athlete Health: Essential Issues for Student Affairs Professionals](#)