



Alston for Athletes

**Scholarship
Candidacy
Resources**

www.alstonforathletes.org

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Hotlines

[Substance Abuse and Mental Health Services Administration](#): 1-800-662-HELP (4357)

[National Alliance of the Mentally Ill](#): 1-800-950-6264

[National Suicide Prevention Lifeline](#): 988

[Gay, Lesbian, Bisexual, and Transgender National Hotline](#): 1-888-843-4564

[Eating Disorders Hotline](#): 1-866-662-1235

[Problem Gambling Hotline](#): 1-800-GAMBLER (426-2537)



Other Scholarship Opportunities

We encourage our applicants to continue to remain informed and continue their search for various scholarship opportunities [here](#).

Find Providers

[Association of Anxiety and Depression Association of America](#) - Offers their member clinicians who provide telemental health services. Providers are listed by state and specialty areas.

[Psychology Today](#) - Includes free access to hundreds of thousands of professionals. You may find a clinician by entering your city or zip code, then continue to find your match by utilizing the filters regarding the concern, insurance, gender, types of therapy, age, price and more.

[Association of Applied Sport Psychology CMPC Finder](#) - Certified Mental Performance Consultants make a difference by helping athletes and performers reduce performance anxiety, improve concentration and communication, build confidence, and set goals. Find a CMPC in your area. *Note: Not all CMPCs are clinicians - to find a licensed provider in your state please click the "Mental Health" specialization under Filter*

[Mental Health and Performance Directory](#) - The USOPC Mental Health & Performance Directory is a newly consolidated, public resource to connect Team USA athletes with highly-qualified mental health and mental performance providers who have experience working with elite athletes.

[Clinical Counseling Sport Psychology Association](#) - Education and information by providing recommendations and support for student-athlete well-being. Search for provider listings by entering search text and searching by category.

University Services

To find services at your university, college, or institution, please go to your browser and type your **school's name**, followed by **"Counseling Center"** (Example: University of Maryland Counseling Center).

You may view the contact information, hours of operation, and the fee structure if there is a limit to free sessions.

[ULifeline](#) - Online resource for mental health services newest features, tools, and other programs from The Jed Foundation to support emotional health on your campus.



Book Recommendations



[The Body Keeps the Score](#) - Transforms our understanding of trauma and offers a bold new paradigm for healing.

[Hope and Help for Your Nerves: End Anxiety Now](#) - Step-by-step guide will show you how to break the cycle of fear and cure your feelings of panic and anxiety.

[Why Has Nobody Told Me This Before?](#) - Skills you need to navigate common life challenges and take charge of your emotional and mental health.

[You, Happier](#) - Seven neuroscience secrets to becoming more than 30 percent happier in just 30 days

[The End of Mental Illness](#) - New hope for those suffering from depression, anxiety, bipolar disorder, addictions, PTSD, ADHD, and more.

[Mind Gym](#) - An Athlete's Guide to Inner Excellence

[The Champion's Mind](#) - How Great Athletes Think, Train, and Thrive

[Peak Performance](#) - Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success

[Mindset: The Psychology of Success](#) - How success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities.

[Confidence Gap: A Guide to Overcoming Fear and Self-Doubt](#) - Solution to low self-confidence, shyness, and insecurity

[Flourish](#) - Game-changing work on optimism, motivation, and character to show how to get the most out of life, unveiling an electrifying new theory of what makes a good life

[Get Out of Your Mind and Into Your Life](#) - Let go of your struggle against pain, assess your values, and commit to acting in ways that further those values.

[The Mindful Self-Compassion Workbook](#) - Step-by-step approach to breaking free of harsh self-judgments and impossible standards to cultivate emotional well-being

[Getting to Neutral: How to Conquer Negativity and Thrive in a Chaotic World](#) - Step by step guidance on how to successfully navigate adversity and defeat negativity by downshifting to neutral thinking



Recommended Podcasts & Apps

[20 Best Sport Psychology Podcasts](#) - The best Sports Psychology podcast list is curated from thousands of podcasts on the web and ranked by traffic, social media followers, domain authority & freshness.

[21 Best Mental Health Podcasts](#) - Learn new information and find community, especially when dealing with mental health issues.

[The Best Mental Health Apps](#) - Many of these options are accessible via intuitive apps designed to streamline your mental health journey and take most of the guesswork out of finding the expert attention you've been seeking.

[Reaching Ahead Mental Performance Self-Paced Platform](#) - Monthly mental training modules of lectures, pre-recorded discussions, and worksheets/drills for mental training skills essential for optimal performance, in competitive sailing, in other sports/performance domains, and life.

[The Zone App](#) - Meets students where they're at with a wellness platform suited to their unique needs that easily integrates into your organization's wellness program. Includes access to support, mood tracking tools, and guided pathways for learning healthy coping skills



Recommended Websites

[National Institute of Mental Health](#) - Offers authoritative information about mental disorders, various related topics, and the latest mental health research.

[Substance Abuse Mental Health Services](#) - Find treatment locators and helplines.

[Association of Applied Sport Psychology](#) - Learn more about Sport Psychology resources to strengthen your inner edge through advancing and applying excellence in mental performance and mental health.

[Mental Health in Athletes: 45 Resources to Help You Cope](#) - Organizations and Athletes at all levels, such as elite and professional athletes, college and secondary athletes, youth athletes, and coaches and trainers

[Mental Health Educational Resources](#) - Materials and resources related to college athletes' mental health and wellness.

[Athletes for Hope](#) - Educating athletes on their potential to make a positive impact on the world, connecting them with the causes they care about & inspiring others to do the same.

[Athletes for CARE](#) - Founded by former professional athletes to advocate for research, education, and compassion when addressing important health issues.

[The Hidden Opponent](#) - Advocacy group that raises awareness for student-athlete mental health and addresses the stigma within sports culture

[The True Athlete Project](#) - A Mentorship program for athletes to receive personalized nurturing support of an incredible role model and mental skills training.

[Women Sports Foundation](#) - Enable all girls and women to reach their potential in sports and life by providing financial fuel to aspiring champion athletes.

[Morgan's Message](#) - Nonprofit striving to eliminate the stigma surrounding mental health for student-athletes by normalizing conversations and supporting those who feel alone.

[MHC 4 Athletes](#) - Holistically addresses mental health, by increasing awareness and accessibility, creating a safe space to share experiences, and advocating for change in the sports world.



Trauma & Grief

[Roadmap to Remedy](#) - The Human Rights Playbook is a new suite of guidance documents designed to help sport bodies and event organizers implement human rights due diligence (Abuse in sport).

[iChill App](#) - iChill is a free app that teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.

[Complex Trauma](#) - Establish the most comprehensive repository of information and resources on complex traumatic stress, and to make it comprehensible to the public and professional alike.

[Crisis & Trauma Resource Institute](#) - Trauma-informed resources to nurture positive change - Scroll to listen to insightful podcasts, try stress reduction exercises, and explore printouts and blogs.

[Modern Loss](#) - Navigate types of grief resulting from different types of loss, blog posts from others who are grieving and advice on how to continue

Substance Use, Addiction & Mood

[SMHAT - 1](#) - The International Olympic Committee (IOC) Sport Mental Health Assessment Tool 1 (SMHAT-1) is a standardized assessment tool aiming to identify at an early stage elite athletes (defined as professional, Olympic, Paralympic and collegiate level; 16 and older) potentially at risk for or already experiencing mental health symptoms and disorders, in order to facilitate timely referral of those in need to adequate support and/or treatment.

[Substance Abuse and Mental Health Services Administration](#) - SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#)) for individuals and families facing mental and/or substance use disorders.

Problem Gambling

[Maryland Center of Excellence on Problem Gambling](#) - State-funded program run by the University of Maryland School of Medicine to address problem gambling as a public health issue in Maryland. The center promotes healthy and informed choices about gambling by offering a range of programs and services.

[National Council on Problem Gambling](#) - A nonprofit organization focused on reducing the harm caused by problem gambling. Aims to minimize the economic and social costs of problem gambling by promoting prevention, treatment, recovery, education, research, and public awareness.

[Smart Choices for Athletes](#) - Check out this presentation on Smart Choices for Athletes, discussing gambling addictions.

Eating Disorders

[Anorexia Nervosa and Associated Disorders \(ANAD\)](#) - Nation's leading nonprofit offering free peer support for anyone navigating a difficult relationship with eating or body image.

[Alliance for Eating Disorders](#) - A nonprofit organization that provides education, support groups, referrals, and recovery resources for individuals affected by eating disorders and their loved ones.

[Lane 9 Project](#) - An organization focused on supporting women's health in sport by providing education, resources, and clinician connections related to eating disorders, REDs, menstrual health, and athlete mental health.

[The Project Heal](#) - A nonprofit organization dedicated to breaking down financial, systemic, and healthcare barriers to eating disorder treatment through support services, education, advocacy, and access to care resources.

[Eating Disorder Hope](#) - provides education, recovery support, treatment information, and provider directories for individuals and families affected by eating disorders.



BIPOC

[Alkeme Health](#) - Centers the Black experience with content, tools and resources tuned for growth by offering Labs (therapy modules), Waves (guided meditations), and Live Labs (live therapist discussions).

[The Mental Health Coalition](#) - Resource Library is made available by our alliance of the leading mental health organizations. We encourage you to browse this database to learn about mental health, help a loved one, learn coping skills and seek support.

[The Mental Health Coalition BIPOC Resource Page](#) - Specific mental health resources for the BIPOC community

[Tri-City Mental Health](#) - Culturally relevant mental health resources for black, indigenous, and people of color (BIPOC) and LGBTQ+ communities.

LGBTQ+

[The Trevor Project](#) - World's largest suicide prevention and mental health organization for LGBTQ+ young people providing research, crisis and peer support, education, and advocacy.

[Athlete Ally](#) - Believes everyone should have equal access, opportunity, and experience in sports — regardless of sexual orientation, gender identity, or gender expression.

[The Mental Health Coalition LGBTQ Resource page](#) - Specific mental health support & resources for the LGBTQ community.

Retiring & Transitioning Athletes

[Athlete Transition Services](#) - Workshops, events, and counseling to help athletes feel prepared to take on the next chapter of their lives after sports.

[Sidelined USA](#) - Reunite permanently-sidelined athletes with their passions and equip them to find a meaningful way forward through resources, connection, and new pursuits.

[Tackle What's Next](#) - Community and support team for athletes transitioning from sport to what's next. We recreate a sense of team and camaraderie for athletes like you to find your purpose and create an impact in life after the game.

Undocumented & International Students

[Informed Immigrant](#) - Resource hub for immigrants in the United States, designed to provide trusted, easy-to-understand information and tools on immigration-related topics. Offers free guidance and resources to help people navigate immigration processes and life in the U.S.

[Know your Rights](#) - Understanding your rights to education, privacy and protection, financial aid, work and employment, safety, and mental health.

[U.S. Embassies & Consulates](#) - Consulates issue visas for foreign citizens to visit, study, and work in the United States.

Check with your university's Office of Global Affairs or International Student Services