

## SAMHW '25 Participant Action Plans

We are now 250+ universities, colleges, clubs, and high schools strong for Student Athlete Mental Health Week! Mental health is a larger conversation than ever - and we're so grateful for people like you who are taking the time to invest in their students' needs.

Here we have a space to share our ideas for Mental Health Week (and beyond!). Feel free to add what your school has planned, and gain inspiration from others.

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Adrian College

Albany State University

Allan Hancock College

**MONDAY, 10/6/25:** *Pause for Paws - Love on a Leash is swinging by campus with some furry friends to ease your stress!*

**TUESDAY, 10/7/25:** *Men's & Women's Soccer Doubleheader - Resource booth at both games (hosted by the Student Health Center)*

**WEDNESDAY, 10/8/25:** *Wellness Wednesday - Free massages and acupuncture at the Student Wellness Center + Take a Note, Leave a Note: Visit the note station outside of the gym - Leave some words of encouragement for fellow athletes and take a note for yourself.*

**THURSDAY, 10/9/25:** *Destress with Donuts - Swing by the gym for a little mental brain break with our coaches and grab a free donut (while supplies last) + Sunset Yoga - meet us near the football practice field for a chance to reset and refocus with guided sunset yoga.*

**FRIDAY, 10/10/25: World Mental Health Day:** *Women's volleyball game - Resource booth at both games (hosted by the Student Health Center) + Social Media Spotlight*

Allen University

Arizona State University

Arroyo High School

Auburn University

Auburn University at Montgomery

Austin Peay State University

Azusa Pacific University

Baylor University

Bellevue High School

Benedict College

Benedictine University

Berry College

Bethel High School- Mental Health as the theme for the week's Volleyball and Football Game. Inviting different community resources to attend and provide information to students and families. Handing out the temporary tattoos, hair ties, and wrist bands when students arrive for the games.

Boyd Buchanan Private School

Burlington City High School

Byron Center High School

California Baptist University

California State University Northridge

California State University, Long Beach

Campbell University

Carroll College

Sunday Night/Fun night (free bowling), Tuesday night recovery day at local cold plunge and thermopool recovery company, Wed. yoga, Thursday meet the anthrozoology dogs and play with them, Friday check-in, reach out to someone who you haven't made an effort to reach out to and check in with them.

Central Michigan University

Central State University

Central Washington University

Chaminade Julianne High School

Clark Atlanta University

Our volleyball team has a tri-match on October 7th everybody will receive the items shipped for attending. Each team will receive some tattoos and take videos/pictures to post on social media to emphasize Mental Health week.

Coe College

Colby-Sawyer College

College of Saint Benedict and Saint John's University

Columbia University

Concordia University Chicago

Cornell University

Cougar Mountain Middle School

Cullman City Schools

Daleville High School

Davidson College

Delta State University

Dominican University

Dominican University New York

Drake University

Eastern Michigan University

Eatonville High School

Elizabethtown College - we plan to have all of our fall sports wear their green from our boxes during their games this week! All supplies will be available to athletes in our film room for them to grab and use throughout the week in order to continue supporting student athlete mental health. We are excited to share pictures back to H3H

Elon University

Fieldcrest High School

Florida Atlantic University



Florida State University

Fordham University

Fort Valley State University

Gardner-Webb University

Georgetown University

Georgia Institute of Technology- We have created a mental health tshirt for all our student athletes. We are facilitating a student athlete mental health coach training session. We are also hosting a student athlete yoga event and lunch and learn. We are handing out Hilinski Hope goodies on Wednesday at our wellness table

Georgia Southern University

Georgia State University

Gonzaga University

Goucher College

Haddon Township High School

Haddonfield High School

Heidelberg University

Houston County Schools

Huntingdon College

Idaho State University

Illinois Institute of Technology

Illinois State University

**SATURDAY, 10/4/25:** *Cheer on the Men's Football team as they go up against North Dakota State at 6 PM in Hancock Stadium.*

**SUNDAY, 10/5/25:** *Self-Care Sunday*

**MONDAY, 10/6/25:** *Come take a break, enjoy some time with furry friends, and discover the calming benefits of interacting with therapy dogs. Whether you need to relax after a tough practice, decompress before competitions, or just enjoy some quality time with these adorable canines, drop by the Athletics Study Center between 1-3 PM.*

**TUESDAY, 10/7/25:** *Grab a friend or teammate and enjoy a relaxing evening of live music, festive crafting, pumpkin painting, and a photo booth at Courtyard Calm from 6-8 PM in the Bone Student Center Courtyard outside Starbucks.*

**WEDNESDAY, 10/8/25:** *Focus on refueling and recovery after your lift practice by picking up a green protein shake to 'Drink Green to Support your Mental Health & Wellbeing'.*

**THURSDAY, 10/9/25:** *Visit the mental health awareness tabling event in the Athletic Study Center to grab stress balls, fidgets, coloring mandalas, and psychoeducational resources.*

**FRIDAY, 10/10/25: World Mental Health Day**

*Drop-in to Student Counseling Services to talk through any stressors that you might be currently experiencing or learn about ways you can get connected to free & confidential mental health services.*

Indiana University Northwest

**SATURDAY, 10/4/25:** Soccer Saturday - Kick-Off to Student Athlete Mental Health Week Men's Soccer game at 1 PM. Followed by Women's Soccer at 3:30 PM. IU Northwest Counseling and U Bring Change to Mind will be onsite to provide resources to students.

**SUNDAY, 10/5/25:** Self-Care Sunday Social Media Posts

**MONDAY, 10/6/25:** Mindset Monday - Start your week in the right mindset can make all the difference. Saying affirmations or listening to music can improve energy & reduce stress. Study Table rooms to include coloring pages, treats and resource material.

**TUESDAY, 10/7/25:** Take a Break Tuesday - Take a break with a treat, therapy dogs, and join UBC2M by walking to stop the Stigma of Mental Health | Walk starts at 1:30 Tamarack Green Space.

**WEDNESDAY, 10/8/25:** Wellness Wednesday - Ways to improve wellness when you aren't practicing your sport: drink enough water | dance, stretch, or do yoga | walk around campus. Women's Basketball game at 7 PM with Hilinki's giveaway provided.

**THURSDAY, 10/9/25:** Thankful Thursday - **Gratitude is the best attitude** | Athletes who complete a thank you note and hang it in the hall have a chance to win a Starbucks gift card.

**FRIDAY, 10/10/25:** World Mental Health Day Social Media Posts

Iowa State University

Jackson State University

James Madison University

**John Carroll University**

- **Thursday @ 7am:** Morgan's Message & JCU SAAC Mental Health Walk
- **Saturday-** Morgan's Message Men's & Women's Soccer Dedication Games

Juniata College

<b>Saturday, October 4</b>	<b>Kickoff Day</b>
Sporting Event	Football Mental Health Game- 3 in the 3rd Campaign
Sporting Event	Men's & Women's Tennis Mental Health Match- PSA
Sporting Event	Men's Soccer Mental Health Game- PSA
Social Media Post	Week Launch & Hilinski's Hope Mission
<b>Sunday, October 5</b>	<b>Self-Care Sunday</b>
Social Media Post	Share ideas for self-care (walk, journaling, rest, meditation)
Social Media Post	"What's one thing you'll do today to take care of your mental health"
<b>Monday, October 6</b>	<b>Check-in Monday</b>
Activity/Tabling	Tabling on the Quad/Mini Mic Moments "What's one thing that helps you recharge"
	Mental health facts, Counseling services information
Social Media Post	Tag someone you checked in with today (#MentalHealthMattersJC)
<b>Tuesday, October 7</b>	<b>Thoughtful Tuesday</b>
Sporting Event	Women's Soccer Mental Health Game "Light the Night for Hope"- PSA with Glowsticks at the half
Social Media Post	Coach Quotes Video:
	"Why is mental health just as important as physical health for student-athletes?"
	"What message would you share with athletes who might be struggling but are hesitant to reach out?"
	"Why is it important for Juniata Athletics to participate in Mental Health Week?"
<b>Wednesday, October 8</b>	<b>Wellness Wednesday</b>
Activity	Mindfulness/Yoga Session with Dr. Utterback
Activity	Stressbusters hosted by Campus life
Activity/Tabling	Tabling on the Quad/Affirmation Jars and Spin-the-wheel giveaways
Social Media Post	Leave a positive message to take a positive message

<b>Thursday, October 9</b>	<b>Gratitude Thursday</b>
Activity/Social Media Post	Gratitude Wall with Positivity Post-Its
<b>Friday, October 10</b>	<b>World Mental Health Day/Fan Friday</b>
Social Media Post	"Who's one person at Juniata who makes you feel supported?"
<b>Saturday, October 11</b>	<b>Strong Mind Saturday</b>
Sporting Event	Field Hockey Morgan's Message Game Partnership
Sporting Event	Women's Volleyball Mental Health Match- PSA video between sets
Social Media Post	Spotlight on Morgan's Message and Hilinski's Hope
Social Media Post	Closing Post recapping the week's events and thanking partners

**Hashtags for the week:**

#StampOutStigmaJC

#HopelsATeamSport

#MentalHealthMattersJC

Kansas State University

Kean University

Keene State College

Kirkwood Community College

Kittatinny Regional High School

Lake-Sumter State College

Wed. Oct 8 - Volleyball, Wear Green Mental Health Game

Lakeland University

Lakewood Ranch High School

Monday-Wednesday “grab & go’s”. Monday fueling station, Tuesday smoothies & energy tea refreshers, Wednesday therapy horse. Thursday coaching panel where coaches will discuss their struggles during their athletic career. Feel good Friday: journal 10 minutes & write a positive affirmation for a teammate. Saturday mental health cross country meet, wear green!

Lasell University

Leeds City Schools

LeMoyne-Owen College-

**Monday** - Mindset Monday - SA CHOICE- Drink water, meditate, yoga, rest, recharge and post your activities tagging **@locathletcs** on Instagram using these hashtags

#mentalheathmattersLOC #stampingoutthestigma #yougood #LeMoyneOwenCollege

**Tues**, LOC v Fisk- Mental Heath match, everyone will wear green, giveaways, resources-PSA;!

**Wednesday**- FREE day-DAY OFF;

**Thurs**-Donuts, take a break, take a bite! Free donuts, jazz and convo will be in the Compliance office, swing by, grab a water and donuts and get your day going! Leave a positive note for a teammate, take a positive note!

**FRIDAY** - WORLD MENTAL HEALTH DAY! PSA - VOLLEYBALL TOURNAMENT - Resources available, snacks, stress balls....

Liberty University

Malden Catholic High School

Mansfield University

Marian University

Marshall University

McDaniel College

Mercyhurst University

Merrimack College

Michigan Technological University

- Mental Health Awareness Games for fall sports at home, including wearing the materials from Hilinski's Hope and an in-game read for spectators.
- Social media posts surrounding mental health literacy, checking in with a friend, and the impact of injury on mental health.
- Individual "team talks" with each of our varsity sport teams and a member of our Counseling & Sport Psychology team. Reminding athletes of resources and de-stigmatizing help-seeking behaviors.
- Write up in our monthly student-athlete newsletter.

Mid Michigan College

Minnesota State University - Moorhead

Mississippi College

Missouri State University

Mohawk Valley Community College

Motlow State Community College

Mount Ayr Community High School

Mt. San Antonio College

Murrieta Mesa High School

Needham B. Broughton High School

Nevada Union High School

New Mexico State University

North Carolina State University

North Dakota State University

Northern Michigan University

Northwestern State University

Northwood University

Occidental College

- Chalking and tabling for world mental health day
- Volleyball student mental health awareness game

Oral Roberts University

Pace Academy

Pacific Ridge High School

Pomona-Pitzer Colleges

Prairie State College

Quincy University

Ranson IB Middle School

Richland High School

Rio Rancho High School

Ripon College

Riverside City College

Rosemead High School

Salve Regina University

Sam Houston State University

Santa Barbara City College

Savannah State University

Social Media posts throughout the week encouraging support of stamping out the stigma.

Affirmation Coloring sessions

Post Note party in the Athletic Lobby Take a Note Leave a Note

Nutrition Station Swag and resources on Student Athlete Mental Health Awareness

Cuddles with Pets

Campus Walk wearing Green

Siena University

South Dakota State University

South El Monte High School

South Pasadena High School

- Tuesday 10/7 Girls Tennis Mental Health Awareness Game
- Social Media Activities+resource posts
- Chalk activity for world mental health day 10/10

Southern Illinois University - Edwardsville

Southern Methodist University

**October 5th** W Soccer Mental Health Game

**October 5th** Volleyball Mental Health Game

**October 6th** Mindful Monday Social Media Posts

**October 7th** Family Dinner and Tabling event with Therapy Dogs

**October 8th** Mental Health Game Night

**October 9th** Thankful Thursday and make your own gratitude jars.

**October 10th** World Mental Health Day and Feel Good Friday with chair massages and tabling.

**October 11th** Football Mental Health Game

Southern University and A&M College

St. Bonaventure University

St. Louis Park High School

St. Rose High School

St. Thomas University

Sat Oct 4: Football mental health game day

Mon Oct 6: Movie night - Remember the Titans

Tues Oct 7: Smoothies & Wellness Drinks (donations by LMNT and Olipop)

Weds Oct 8: Puppy yoga

Thurs Oct 9: Build your own self-care kit

Thurs Oct 9: "Dodge the Stigma" dodgeball tournament

Fri Oct 10: "More than my Sport" lesson from Kevin Love Fund, presented by athletics counselor

Stetson University

Stockton University

Suncoast High School

T. R. Miller High School

Talladega City Schools

Tallassee City Schools

Tarleton State University

Texas Wesleyan University

Mon Oct 6 - Mental Health Baskets on Campus with Green Ribbon Ducks and stress balls

Tues Oct 7 - Partnership with Total Care who will table and give donuts and giveaways as a local resource

Weds Oct 8 - Be Well Dinner (partnership with the Counseling Center and School of Business), Encouragement Bags in residence halls - early t-shirt give away, bracelets and pins for guests

Thurs - "Sack the Stigma" T-shirt giveaway (to wear at football game on Saturday)

Throughout the week teams will wear pins, bracelets, temp tattoos, and hair ties from Hilinski's Hope at their home and away games. Social Media Postings throughout the week.

Texas Woman's University

The Catholic University of America

October 4th-11th

- Green - mental health games
- Pink - social media posts
- Orange - events

Date	Events
Saturday Oct 4, 2025	<ul style="list-style-type: none"> <li>- FH mental health game</li> <li>- Volleyball mental health game</li> <li>- Swim intersquad meet</li> <li>- Introduction to mental health week</li> </ul>
Sunday Oct 5, 2025	<ul style="list-style-type: none"> <li>- Movie night (documentary?) <ul style="list-style-type: none"> <li>- Nursing school?</li> </ul> </li> <li>- Self care Sunday</li> </ul>
Monday Oct 6, 2025	<ul style="list-style-type: none"> <li>- Table in the duf (bracelets) <ul style="list-style-type: none"> <li>- Make 1 take 1 affirmations</li> </ul> </li> <li>- Mindful monday</li> </ul>
Tuesday Oct 7, 2025	<ul style="list-style-type: none"> <li>- Take over Tuesday?</li> <li>- Choose your fight Tuesday.</li> </ul>
Wednesday Oct 8, 2025	<ul style="list-style-type: none"> <li>- Wellness wednesday – games outside the pryz? Brochures?</li> </ul>
Thursday Oct 9, 2025	<ul style="list-style-type: none"> <li>- Yoga – get someone from kane to lead on field</li> </ul>
Friday Oct 10, 2025	<ul style="list-style-type: none"> <li>- World mental health day</li> <li>- Guest speaker? Hanley?</li> </ul>
Saturday Oct 11, 2025	<ul style="list-style-type: none"> <li>- Football and tennis mental health games</li> <li>- WSOC &amp; MSOC mental health games</li> </ul>

The Kiski School

Trinidad State College

Troy University

Tufts University

Tuskegee University

#### Sidewalk Chalk-a-thon

Event Description & Activities: Students and faculty write inspirational messages, affirmations, verses, or appropriate artwork.

#### Service Dog Day

Event Description & Activities: Stress-relief event for students to interact with service dogs.

#### Training Room 101

Event Description & Activities: Informational session covering services provided, when to seek each service, followed by Q&A.

#### SAAC Field Day Social

Event Description & Activities: ○ Main Events: Kickball, Dodgeball, Tug of War. ○ Tournament Setup Options: ■ Separate men's sports & women's sports tournaments ■ Mixed men's sports vs. women's sports ■ Paired men's sport + women's sport → duos compete against each other ○ Additional Events: Sack Run, Egg Spoon Balancing

#### Union University

#### University at Buffalo

#### University of Alabama

#### University of Alaska, Fairbanks

#### University of Arizona

#### University of Arkansas

#### University of California, Berkeley

Drop In Counseling available, messaging at Athletic Events this week, as well as email/teamworks and paper messaging with reminders on services, access. Coach messaging as well.

#### University of California, Davis

#### University of California, San Diego

#### University of Central Florida

University of Central Missouri

University of Colorado, Colorado Springs

- Visit every team's practice during the week and student-athlete leaders share the importance of mental health and personal experiences of overcoming adversity.
- Hosting a suicide prevention training for student-athlete leaders.
- Hosting a designated mental health home game.

University of Dayton

University of Delaware

University of Denver

University of Florida – surrounding high schools

University of Georgia

University of Illinois Springfield - UIS Athletics launched the week by volunteering at the "Out of the Darkness Walk", a campus event supporting suicide prevention and mental health awareness. Student-athletes assisted with registration, set-up, and route support and teams walked together to show unified support for mental health advocacy. UIS Athletics will post across all platforms using the hashtags, and Content Highlights will include student-athletes wearing awareness items provided (hair ties, wristbands, tattoos, ribbons, helmet decals, and lapel pins). Personal reflections from student-athletes and coaches on what mental health means to them. Links to UIS Counseling Center, Hilinski's Hope Foundation, and Game Plan Mental Health Modules. Behind-the-scenes looks at team activities and reminders to "Check in on a teammate."

University of Iowa

University of Jamestown

University of Kansas

University of Maryland, Baltimore County

University of Massachusetts

University of Memphis

University of Mississippi

University of Missouri

University of Missouri - Kansas City

University of Missouri - St. Louis

University of Montana Western

University of Nebraska

University of Nebraska - Omaha

University of Nevada, Las Vegas

University of Nevada, Reno

University of North Carolina, Greensboro

- Monday: What brings you joy (reflection worksheet)?? Fill out a sheet in SASS, have your picture taken, and hang it on the wall! // SAAC will also be passing the message of Hilinski's Hope to all teams.
- Tuesday: Affirmation Station: There will be a basket full of affirmation cards at the front desk in SASS. Feel free to grab one!!
- Wednesday: Decompress & enjoy each other's company at a tailgate before the Men's Soccer Game. There will be cornhole, a badminton/pickleball net, can jam, etc.

- Thursday: There will be coloring sheets in SASS. Swing by and destress by expressing yourself through art.
- Friday: Take a break, take a bite! Free donuts will be in the back conference room in SASS.

University of North Carolina, Wilmington

University of North Dakota

University of North Texas

University of Richmond

University of Rio Grande

University of South Carolina

University of South Dakota

University of South Florida

University of Southern California

University of St. Thomas

University of Tennessee

University of Texas, Rio Grande Valley

University of Utah

University of Washington

University of Wisconsin - Parkside

Monday Oct. 6th <b>Mindful Monday</b>	Take a walk around campus/pets. Analyze your 5 senses and ground yourself.
Wednesday Oct 8th	Green Bandana Project Session
Friday Oct 10th <b>Feel Good Friday</b>	Affirmation station Write words of affirmation on the permathon board in the SAC study lounge to your fellow athletes!

University of Wisconsin - Stout

University of Wyoming

Ursinus College

Utah Valley University

Valdosta State University

Vanderbilt University

Villanova University

Virginia Tech

Viterbo University

- On Saturday, October 4th we had a pop-up table at our Women's Volleyball game in collaboration with our on-campus wellbeing community to spread awareness. The table provided resources, awareness gear, and all kinds of stuff. With our small staff, we were proud to be able to get something together for our athletes.

Wake Forest University

Washburn University

- A motivational speaker will be visiting campus to address the importance of mental health and suicide awareness. All Washburn students are invited to attend, and

everyone present will be entered into a random drawing for a \$1,500 scholarship. The scholarship winner will be announced at our Mental Health Awareness football game!

Washington State University

Wayne State University

Wentworth Institute of Technology

West Virginia University

Western Carolina University

Whitworth University

William Mason High School

William Penn University

Williamsville East High School

Winston-Salem State University

Xavier University of Louisiana

York College of Pennsylvania