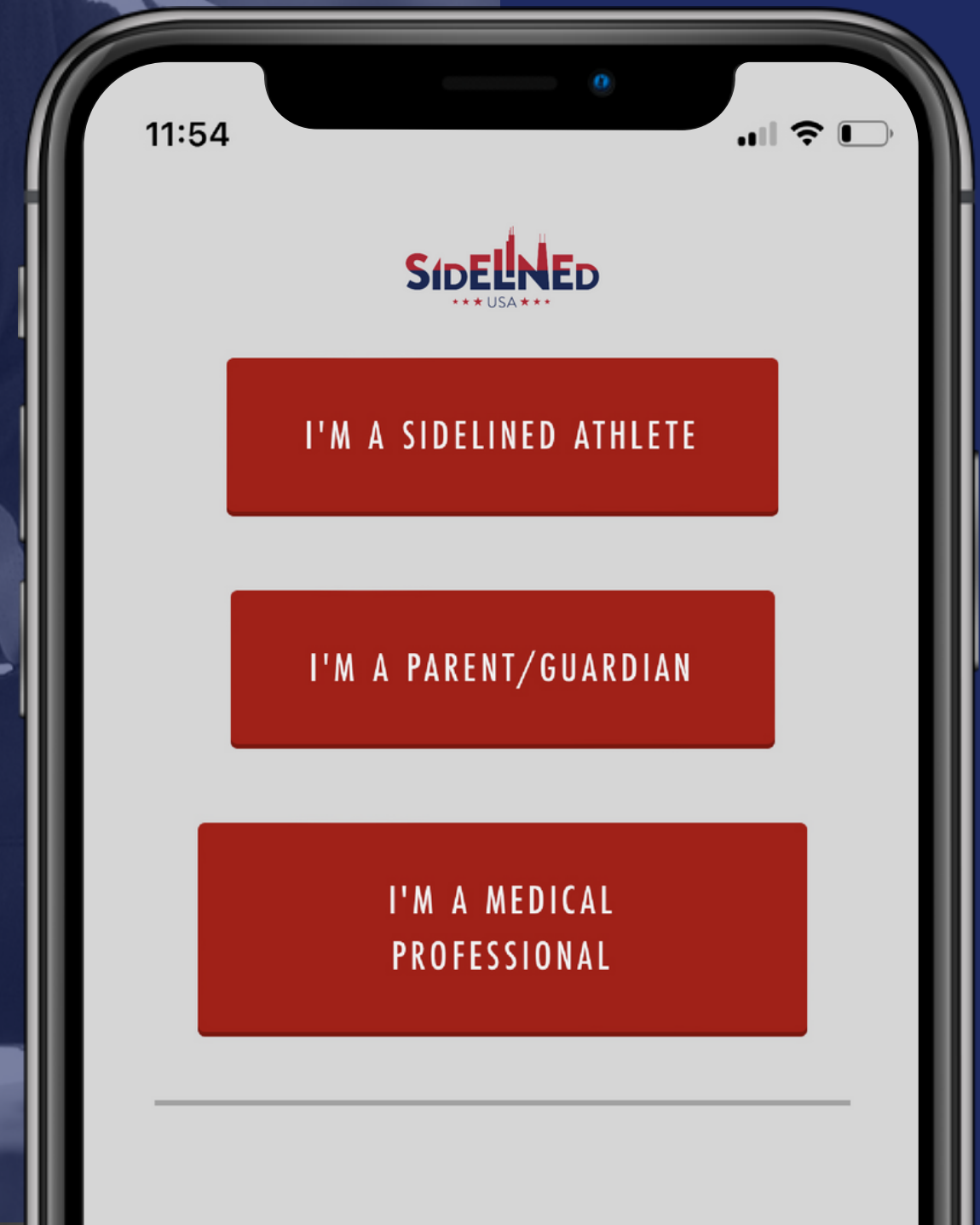




RESOURCE GUIDE

Specialized tools created
for medically-disqualified
athletes and their support
network





TOOLS OFFERED

www.sidelinedusa.org



Care Packages



Podcasts



Articles



Connection



Campus Liaison Program



Support Resources



CARE PACKAGES

Filled with gifts and resources designed and inspired by our network of mentor sidelined athletes, our care packages acknowledge the challenges medically disqualified athletes face and provide specialized support from those who understand this transition first hand.

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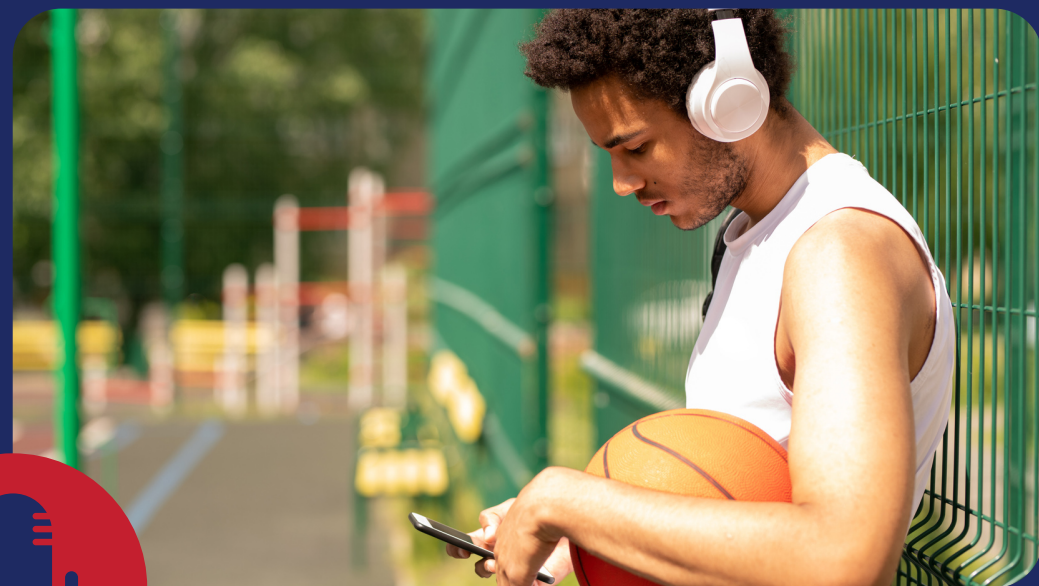


Tangible, in-hand resources from those who have been there themselves.

Our care packages are designed with the two-fold purpose:

- (1) helping medically disqualified athletes feel seen and understood
- (2) providing them with tangible resources from those who have been there themselves

Provided free of charge!



PODCASTS

Listen to three different podcasts which include individual sidelined athlete stories, topical discussions with experts, & exploring new pursuits post-athletics career.



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#TEAMSIDELINED

A podcast launched to support the mental game of sidelined student-athletes



SIDELINED STORIES

Interviews featuring athletes who have experienced a medically-forced exit from sport



THE NEXT CHAPTER

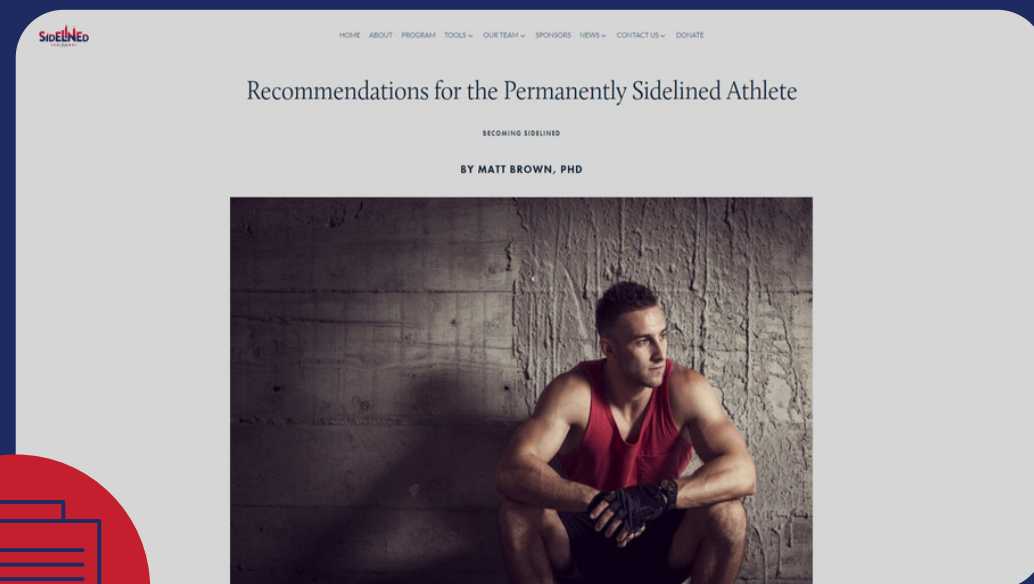
A podcast exploring different careers in the sports world to help sidelined athletes stay connected to sports



ARTICLES

Insightful pieces for helping permanently-sidelined athletes find a meaningful way forward.

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BECOMING SIDELINED

Processing loss after becoming permanently sidelined:

- Grief, Depression, Identity Loss, Body Dissatisfaction, & More...



HEALTHY ADJUSTMENT

Finding the way forward:

- Coping Strategies, Rebuilding, Retaining Physicality, & More...



BEYOND THE GAME

Transferring the athletic mindset to life after the game is over:

- Your Next Play, Mental Vigilance, Life Beyond Sports



For the
Sidelined Athlete
Support Network

MEANINGFUL SUPPORT

Supporting the sidelined athlete in your life:

- Supporting Team Tips, Awareness, Communication

For the
Sidelined
Athlete
Support
Network



CONNECTION

A space where sidelined athletes come together in support of one another.

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Sidelined USA
CONNECTION
GROUP

A community of sidelined athletes who have experienced a medically-forced exit from sport, led by former athletes who personally experienced a medical retirement. The group meets virtually, once a month, to support one another through the transition following medical retirement and to discuss issues relevant to medical exit from sport.

*Note: This is an athlete-led support group, not a professional therapy session.

Share your story.
Support each other.
Build community.





SIDELINED

CAMPUS★LIAISON

PROGRAM

CAMPUS LIAISON PROGRAM

A Sidelined USA volunteer program providing athletic trainers with research-based training & specialized tools designed to **support you** as you support your medically-disqualified athletes.

For the
Sidelined
Athlete
Support
Network



TOOLS

- Webinar training
- Educational online resources
- Customizable MDQ athlete after-care spreadsheet
- Sidelined USA User Guide
- Sidelined USA Resource Index
- Specialized athlete support resources
- Parent/guardian resources



RECOGNITION

- Named as a Campus Liaison on Sidelined USA website
- Rights to "Sidelined USA Campus Liaison" designation for your resume/ social media profiles

Athletic Trainers x Sidelined USA
BE A GAME CHANGER.

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SUPPORT RESOURCES

A network of referring partners and helpful mental health support tools to add to your toolbox.

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AFFILIATED PARTNERS

We believe in the power of many. We are proud to work together with various incredible organizations to bring a variety of unique resources to our athletes.



MENTAL HEALTH RESOURCES

A carefully compiled list of recommended mental health support resources including: links, tips, assessments, treatment locators and crisis hotlines.





PARTNERS

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MISSIONS WE LOVE

**THE HIDDEN
OPPONENT**



MISSIONS WE LOVE



MISSIONS WE LOVE

DAM WORTH IT



MISSIONS WE LOVE

umttr
your life matters



MISSIONS WE LOVE

**PROJECT
RED-S**



MISSIONS WE LOVE

**BRIC PAREDES
SAVE A LIFE
FOUNDATION**

...and more.



MENTAL HEALTH SUPPORT RESOURCES

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Please note Sidelined USA is a content cultivator, not a health care provider. This list is not comprehensive and does not constitute an endorsement by Sidelined USA.

INTERESTED IN SEEKING TREATMENT, you can find a facility near you with **SAMHSA's Behavioral Health Treatment Services Locator**. (Important note: This is a government website that compiles a list of local facilities; we do not endorse any specific location and encourage you to ask questions to find the best place for you.) Another source for help is the **National Institute for Mental Health**.

FEELING OVERWHELMED OR DEPRESSED, you can take a brief online quiz to assess your emotional health. Here are a couple of helpful assessments:



IN ANY TYPE OF CRISIS AND FEEL THE NEED TO TALK ANYTHING OUT, you can text 741-741 or 988 from anywhere in the United States. You will be put in touch with a trained crisis counselor.

EXPERIENCING THOUGHTS OF SUICIDE, please know that you matter and support is just one phone call away. Dial 988 to reach the National Suicide Prevention Hotline for free, confidential emotional support, available 24/7/365.

