

K E V I N
LOVE FUND

Everyone is Going Through Something



Mental Health in Sports

"Everyone is going through something that we can't see. The thing is, because we can't see it, we don't know who's going through what and we don't know when and we don't always know why."

Mental health is an invisible thing, but it touches all of us at some point or another. It's part of life."

– Kevin Love



Featured Videos

 Kevin Love Fund Student-Athlete Mental Health Summit  Share

Mental Health Student-Athlete Summit



0:01 / 44:23   YouTube  

How are you *really* feeling?



Check in with yourself and write an **unfiltered** response to the prompt.

Turn in your note to your coach/instructor.

Resources

- **Kevin Love Fund Resources Page**
<https://kevinlovetfund.org/resources-for-students/>
- **Campus/Local Resources**
- **Remember that it is okay to ask for help** if you need it. If you or someone you know is in crisis or in need of immediate support, you can call 988 or text HOME to 741741.

988 | SUICIDE & CRISIS
LIFELINE

