

Screening for Mental Health would like you to [join us](#) on **Wednesday, Sept. 30 at 2 p.m.** EDT for a webinar with former Boston Red Sox pitcher John Trautwein about **the role coaches can play in youth suicide prevention. Please invite coaches at your school to join us, too!**

High school students often feel pressure to do everything right -- get good grades, look appealing to college admissions counselors, and be well-liked among their peers. For high school student athletes, there is the added stress brought on by playing sports. For some students, athletic pressures can exacerbate an existing mental health concern. And yet, team sports and other extracurricular activities can help students form relationships with trusted adult mentors and build lasting bonds with peers as "Life Teammates."

While any teenager, regardless of his or her activities can experience depression, it's important that coaches, staff, and peers not overlook depression symptoms in athletes because they appear to be excelling. **In colleges, one in three students with depression will reach out for help, but only one in 10 student athletes will.** The high school sports community is standing up and taking notice of mental health in high school athletes. In the March issue of the *Journal of Athletic Training*, experts issued guidelines for recognizing psychological issues in athletes and referring them to treatment.

Trautwein, who lost his son Will to suicide when he was 15, founded the Life Teammates program, which trains coaches to encourage kids to reach out to each other when they see signs that a teammate may be struggling. In the webinar, Trautwein will talk about how schools can engage coaches and other staff who lead groups of students to recognize when one of their own is struggling and how to help. The Life Teammates Toolkit for Coaches is included in every SOS Signs of Suicide Prevention Program to help schools engage coaches as trusted adults supporting youth.

[Register here.](#)