



National Interscholastic Athletic Administrators Association

Position Statement: Mental Health Awareness

WHEREAS the National Interscholastic Athletic Administrators Association (NIAAA) membership recognizes mental health problems and suicide as a significant health problem facing high school students in our society;

WHEREAS many young people are suffering from the negative effects on behavior, learning, and the total development of each individual as they attempt to perform in co-curricular activities;

WHEREAS the NIAAA membership recognizes the need for athletic administrators, coaches, and student-athletes to be educated on mental health awareness training and suicide prevention; and

WHEREAS the National Federation of State High School Associations provides online learning opportunities to assist athletic administrators in addressing the realities of physical and psychological wellness; therefore,

BE IT RESOLVED that the NIAAA urges its members to make abundant resources available to student-athletes to combat the challenges of mental health; and

BE IT FURTHER RESOLVED that the NIAAA urges all athletic administrators, coaches, trainers, and other staff to educate themselves on mental health and suicide prevention to give contextual consistency to the dissemination of information to students and stakeholders. Stress, anxiety, and depression create challenges for many individuals, including interscholastic student-athletes, and severe conditions can lead to suicide.

NFHS Mental Health Article

Coaches Mandated to Take NFHS Mental Health Course