Mental Health Fact Sheet
Student-Athletes

Important Phone Numbers:
- ECU Counseling Services 252-328-6661 137 Umstead Hall
  Hours: M-F 8am-5pm; after 5pm call 328-6661 select #2 and a crisis counselor will answer your call
- Anonymous online screen: http://www.mentalhealthscreening.org/screening/EASTCAROLINA
- Real Crisis Center: 252-758-4357 24 hour hotline; realcrisis.org

Depression Red Flags:
- Low or sad moods, often with crying episodes
- Feeling worthless, helpless, and hopeless
- Decrease in energy and activity levels, with feelings of fatigue or tiredness
- Social withdrawal or avoidance
- Intent to commit suicide
- Irritability or anger
- Eating and sleeping disturbances
- Decrease in concentration, interest and motivation
- Negative thinking/thoughts of death or suicide

Eating Disorder Red Flags:
- Unnecessary dieting
- Ritualistic eating habits
- Excessive use of bathroom or disappearing after eating
- Social withdrawal
- Changes in behavior
- Avoidance of eating and eating situations
- Self-critical about body weight, shape, or size
- Unusual weighing behavior
- Depression and insomnia

Anxiety Disorder Red Flags:
- Excessive worry, fear or dread
- Changes in appetite
- Pounding heart, sweating, shaking or trembling
- A feeling of being out of control
- Disruption of everyday life
- Sleep disturbances – especially falling asleep
- General uneasiness
- Impaired concentration
- Fear that one is dying or going crazy
Mental Health and Suicide Prevention Information and Resources

**National resources**

NCAA Health and Safety
http://www.ncaa.org/health-and-safety/medical-conditions/mental-health

National Institute of Mental Health
www.nimh.nih.gov/index.shtml

Anxiety and Depression Association of America
www.adaa.org

American Psychiatric Association: Athletes and Mental Health
www.psychiatry.org/athletes

National Suicide Prevention Lifeline and Chat services
www.suicidepreventionlifeline.org

Suicide Prevention Resource Center
www.sprc.org

You Matter
www.youmatter.suicidepreventionlifeline.org

American Foundation for Suicide Prevention
www.afsp.org

HelpGuide
www.helpguide.org/home-pages/suicide-prevention

**Campus Resources**

Center for Counseling and Student Development
www.ecu.edu/counselingcenter

Student Health Services
www.ecu.edu/cs-studentaffairs/studenthealth/

Dean of Students Office
www.ecu.edu/deanofstudents/

ECU Cares
www.ecu.edu/cs-studentaffairs/dos/person-of-concern

**Community Resources**

9-1-1 Emergency Services
www.pittcounty.nc.gov/depts/emergserv

Vidant Hospital Emergency Department
https://www.vidanthealth.com/vidant/ServicesDetail.aspx?id=125

Trillium

Real Crisis Intervention
http://realcrisis.org/