As part of our mission, the U.S. Olympic & Paralympic Committee (USOPC) is committed to promoting sustained well-being for Team USA athletes. It is critical that we empower those who are in need to seek assistance, while proactively delivering mental health resources and services. Below are the current MH resources available to Team USA athletes.

**USOPC Sports Psychologists**

<table>
<thead>
<tr>
<th>Contacts</th>
<th>Referral Process</th>
</tr>
</thead>
</table>
| • Summer Acrobat & Combat Sports: Karen Cogan: [karen.cogan@usopc.org](mailto:karen.cogan@usopc.org)  
• Summer Strength & Power Sports: Sean McCann: [sean.mccann@usopc.org](mailto:sean.mccann@usopc.org)  
• Winter Sports: Alex Cohen: [alexander.cohen@usopc.org](mailto:alexander.cohen@usopc.org)  
• Summer Team Sports: Peter Haberl: [peter.haberl@usopc.org](mailto:peter.haberl@usopc.org)  
• Psychophysiology: Lindsay Shaw: [lindsay.shaw@usopc.org](mailto:lindsay.shaw@usopc.org)  
• Paralympic Sports: Sara Mitchell: [sara.mitchell@usopc.org](mailto:sara.mitchell@usopc.org)  
• Summer Sports Chula Vista: Caroline Rodriguez: [caroline.rodriguez@usopc.org](mailto:caroline.rodriguez@usopc.org) | 1. Contact Sport High Performance Director for approval.  
2. After approval, contact the Sport Psychologist assigned to athlete's sport. |

**Athlete Eligibility & Cost**

Athlete or team must be designated as eligible for USOPC Sport Performance services by Sport High Performance director and USOPC High Performance director. No cost to athlete.

**Elite Athlete Health Insurance (EAHI) Program**

<table>
<thead>
<tr>
<th>Services</th>
<th>Referral Process</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unlimited Mental Health provider sessions are covered under EAHI.</td>
<td>To locate in-network providers, call 1-800-810-BLUE (2583) or go to <a href="http://www.bcbs.com">www.bcbs.com</a></td>
</tr>
</tbody>
</table>

**Athlete Eligibility**

Distribution of EAHI is based on a criterion established by the NGB and approved by USOPC/Sport Performance.

**Registries – Lists of select providers across the country**

<table>
<thead>
<tr>
<th>Sport Psychology Provider</th>
<th>Clinical Mental Health Provider (Coming Sep 2020)</th>
</tr>
</thead>
</table>
| **Contact:** Karen Cogan – USOPC Sport Psychology [karen.cogan@usopc.org](mailto:karen.cogan@usopc.org)  
Karen will refer the athlete to the appropriate contact within the registry. | Registry located [https://www.teamusa.org/mentalhealth](https://www.teamusa.org/mentalhealth).  
Determine location and specialty (Psychiatry, Social Work, topic specialty, etc.) and reach out to the provider directly to set up services. |
### National Medical Referral Process Overview
All Team USA athletes are eligible.

The following NMN providers are available:

- Adirondack Health – Lake Placid, NY
- Texas Children's Hospital
- Lake Placid, NY
- EAHI
- U.S. Olympic & Paralympic Committee

**Athlete Eligibility**

All Team USA athletes are eligible.

**Athlete Cost**

- Unlimited counseling via phone at no cost
- Six in-person counseling sessions at no cost

### ComPsych®

**Overview**

- Confidential counseling available 24/7/365 days a year.
- Phone counseling with a licensed mental health professional.
- Additional resources such as wellness, legal, financial planning, etc.

**Referral Process**

Call ComPsych®
1-800-428-2716

Visit:
www.guidanceresources.com
Web ID: USOCEAP

**ADDITIONAL RESOURCES**

### Headspace

Headspace is a digital platform that provides guided exercises, videos, and other tools to promote mindfulness. A free subscription is available through athlete services.

Email athleteservices@usopc.org to request your subscription.

### SafeSport

The United States Center for SafeSport offers a 24-hour victim services helpline, operated by the Rape, Abuse and Incest National Network sexual violence organization. The SafeSport Helpline provides crisis intervention, referrals and emotional support specifically designed for athletes, staff and other sport participants affected by sexual assault. Through this anonymous and secure service, highly trained specialists provide live, confidential, one-on-one support by phone or online chat. A mobile application is also available for iOS and Android users.

**SafeSport Helpline:**
866-200-0796
Online Chat: https://hotline.rainn.org/safesport
Website: www.Safesporthelpline.org

To report suspected misconduct:
Call 720-531-0340
Visit https://www.safesport.org/report-a-concern

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For more information, refer to the USOPC Mental Health Hub at:
https://www.teamusa.org/mentalhealth
**Confidential Emotional Support**
Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:
- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts

**Work-Life Solutions**
Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:
- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care

**Legal Guidance**
Talk to our attorneys for practical assistance with your most pressing legal issues, including:
- Divorce, adoption, family law, wills, trusts and more
Need representation? Get a free 30-minute consultation and a 25% reduction in fees.

**Financial Resources**
Our financial experts can assist with a wide range of issues. Talk to us about:
- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more

**Online Support**
GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:
- Articles, podcasts, videos, slideshows
- On-demand trainings
- “Ask the Expert” personal responses to your questions

**Wellness Tools**
Making positive lifestyle changes is easier when you have tools and support from HealthyGuidance®, including:
- Online Health Assessment
- Diet and exercise trackers
- Coaching for back care, resiliency, sleep and more

**Health Care Navigation**
HealthChampion® helps you make better health care choices with assistance that includes:
- Claims, billing and fee negotiation
- Cost estimates and explanation of health plan benefits
- RNs who can explain diagnoses and treatments

**Contact Your GuidanceResources® Program**
Call: 800.428.2716
TTY: 800.697.0353
Online: guidanceresources.com
App: GuidanceNow℠
Web ID: USOCEAP

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant℠, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com
App: GuidanceNow℠
Web ID: USOCEAP
Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

**24/7 Support, Resources & Information**

Contact Us...
Anytime, Anywhere
No-cost, confidential solutions to life’s challenges.