



USOPC Athlete Mental Health Resources

For more information, refer to the USOPC Mental Health Hub at: <https://www.teamusa.org/mentalhealth>

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

Contacts	Referral Process
<ul style="list-style-type: none"> • Summer Acrobat & Combat Sports: Karen Cogan: karen.cogan@usopc.org • Summer Strength & Power Sports: Sean McCann: sean.mccann@usopc.org • Winter Sports: Alex Cohen: alexander.cohen@usopc.org • Summer Team Sports: Peter Haberl: peter.haberl@usopc.org • Psychophysiology: Lindsay Shaw: Lindsay.shaw@usopc.org • Paralympic Sports: Sara Mitchell: sara.mitchell@usopc.org • Summer Sports Chula Vista: Caroline Rodriguez: caroline.rodriquez@usopc.org 	<ol style="list-style-type: none"> 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

Services	Referral Process
<p>Unlimited Mental Health provider sessions are covered under EAHI.</p> <p>Contact: eahi@usopc.org with any questions.</p>	<p>To locate in-network providers, call 1-800-810-BLUE (2583) or go to www.bcbs.com</p>
<p>Athlete Eligibility</p> <p>Distribution of EAHI is based on a criterion established by the NGB and approved by USOPC/Sport Performance.</p>	

Registries – Lists of select providers across the country

Sport Psychology Provider	Clinical Mental Health Provider (Coming Sep 2020)
<p>Contact: Karen Cogan – USOPC Sport Psychology karen.cogan@usopc.org</p> <p>Karen will refer the athlete to the appropriate contact within the registry.</p>	<p>Registry located 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.</p>



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ComPsych®			ADDITIONAL RESOURCES
Overview	Referral Process		
<ul style="list-style-type: none"> 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. 	<p>Call ComPsych® 1-800-428-2716</p> <p>Visit: www.guidanceresources.com Web ID: USOCEAP</p>		<p>Headspace</p> <p>Headspace is a digital platform that provides guided exercises, videos, and other tools to promote mindfulness. A free subscription is available through athlete services.</p> <p>Email athleteservices@usopc.org to request your subscription.</p>
Athlete Eligibility	Athlete Cost		SafeSport
All Team USA athletes are eligible.	<ul style="list-style-type: none"> Unlimited counseling via phone at no cost Six in-person counseling sessions at no cost 		<p>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.</p>
National Medical Network			
Overview			
<p>The following NMN providers are available for private and confidential in-patient or out-patient mental health care services:</p> <ul style="list-style-type: none"> UC Health- Memorial – Colorado Springs, CO Allegheny Health Network – Pittsburgh, PA Texas Children's Hospital – Houston, TX Adirondack Health – Lake Placid, NY 			
Referral Process	Athlete Eligibility	Athlete Costs	<p>SafeSport Helpline: 866-200-0796</p> <p>Online Chat: https://hotline.rainn.org/safesport</p> <p>Website: www.Safesporthelpline.org</p> <p>To report suspected misconduct: Call 720-531-0340 Visit https://www.safesport.org/report-a-concern</p>
Submit any questions or a referral request to the National Medical Network for processing nmn@usopc.org	EAHl enrolled or EAHl eligible. Athletes with mental health concerns related to a USOPC or NGB sport accident claim may also access the NMN resources.	Little to no cost to athlete.	



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:

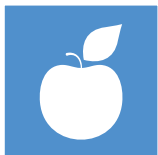
- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



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 Us... Anytime, Anywhere

No-cost, confidential solutions
to life's challenges.

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

Call: 800.428.2716

TTY: 800.697.0353

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

Online: guidanceresources.com

App: GuidanceNowSM

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

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