

# 2024 ATHLETE PSYCHOLOGICAL SERVICES RESOURCE GUIDE



## TEAM USA PSYCHOLOGICAL SERVICES SUPPORT LINE

**+1 719-866-CALL(2255)**

The USOPC has contracted with a nationwide call center to create a confidential psychological services support line that is available to Team USA domestically and internationally 24 hours a day, 7 days a week. Calling will connect Team USA athletes immediately to a licensed mental health provider who can assist in the management of mental health crises or provide resources related to mental health and wellness anywhere in the world.

## SAFESPORT HELPLINE

**+1 866-200-0796**

**[SafeSportHelpline.org](https://www.safesporthelpline.org)**

The SafeSport Helpline provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. Through this service, support specialists provide live, confidential, one-on-one support. All services are anonymous, secure, and available 24/7.

## USOPC MENTAL HEALTH REGISTRY

**[USOPC.org/PsychServices](https://usopc.org/PsychServices)**

The USOPC Mental Health Registry which can be found on the Team USA website at [USOPC.org/PsychServices](https://usopc.org/PsychServices). The Registry allows Team USA athletes to search for highly qualified, licensed mental health providers – including social workers, professional counselors, marriage and family therapists, psychologists, and psychiatrists – who have experience working with elite athletes. Providers on the registry have been interviewed by the psychological services team and have completed background screening, SafeSport training and antidoping training.

If you are unable to find a referral through the registry, please contact USOPC Psychological Services at [psychservices@usopc.org](mailto:psychservices@usopc.org).

## MENTAL PERFORMANCE

**[PsychServices@usopc.org](mailto:PsychServices@usopc.org)**

USOPC Psychological Services offers eligible Team USA athletes and team access to providers who are credentialed in mental performance. These providers integrate psychology and sport science expertise to support athletes in achieving sustained competitive excellence and holistic well-being.

Team USA athletes can also access the USOPC Mental Performance Registry by contacting [psychservices@usopc.org](mailto:psychservices@usopc.org). These providers are Certified Mental Performance Consultants and have also been screened by USOPC Psychological Services.

## EHOME COUNSELING GROUP

**[ehomegroup.com/team-usa](https://ehomegroup.com/team-usa)**

[eHome Counseling Group](https://ehomegroup.com) is a nationwide virtual counseling network that provides empirically-based mental health treatment anytime and anywhere with the highest quality licensed mental health providers on a convenient, confidential, and integrated platform. Get started by visiting [ehomegroup.com/team-usa](https://ehomegroup.com/team-usa).

eHome accepts health insurance and USOPC Psychological Services will pay for any expenses outside of insurance. Contact [psychservices@usopc.org](mailto:psychservices@usopc.org) for assistance with co-pays and deductibles if applicable.

## USOPC ELITE ATHLETE HEALTH INSURANCE (EAHI)

[EAHI@usopc.org](mailto:EAHI@usopc.org)

For Team USA athletes covered by the Elite Athlete Health Insurance, therapy/counseling sessions with an in-network or out-of-network licensed mental health provider have no co-pay and a deductible does not apply. If a Team USA athlete covered by EAHI engages in services with a mental health provider who does not accept insurance, the athlete can seek reimbursement from the USOPC. For appropriate paperwork, please contact USOPC Psychological Services at [psychservices@usopc.org](mailto:psychservices@usopc.org) or the EAHI benefits team at [eahi@usopc.org](mailto:eahi@usopc.org).

## MENTAL HEALTH ASSISTANCE FUND (MHAF)

[go.teamusa.org/MHAF](http://go.teamusa.org/MHAF)

The USOPC Mental Health Assistance Fund (MHAF) will be used to direct financial gifts from our mental health ambassadors to financially support the mental health of our athletes. Athlete mental health expenses eligible to be covered by the MHAF: payment for mental health treatment, deductibles and copayments for mental health services, psychiatric prescription medication costs, and mental health related travel and accommodations. Visit [go.teamusa.org/MHAF](http://go.teamusa.org/MHAF) to apply.

## HEADSPACE PLUS™

[PsychServices@usopc.org](mailto:PsychServices@usopc.org)

Team USA athletes have access to hundreds of resources for focus, sleep, movement and more, including content designed for recovery, competition, training and motivation through Headspace Plus™ – a meditation and sleep app used by more than 66 million and clinically proven to reduce stress, improve happiness and increase focus. Team USA athletes should email [psychservices@usopc.org](mailto:psychservices@usopc.org) to request membership access.

## WELLTRACK APP™

Download WellTrack™

Mobile App

Password: TEAMUSA

The WellTrack™ app provides athletes with a suite of online tools and courses that incorporate Cognitive Behavioral Therapy to help identify, understand, and address their mental health and mental performance. This app also connects directly to the Team USA Psychological Services Support Line to manage mental health crises and/or provide psychological resources.

## CONTACT US



[USOPC.org/PsychServices](http://USOPC.org/PsychServices)



[PsychServices@usopc.org](mailto:PsychServices@usopc.org)



+1 719-866-2388

*For athlete referrals for USOPC Psychological Services, please complete this [form](#).*