

REAL TALK: STRENGTH IN SEEKING SUPPORT

A 50-minute interactive workshop that helps young athletes better understand their mental health.

Participants will:

- Learn to recognize warning signs of stress, burnout, and mental health challenges
- Build skills to support teammates and reach out for help
- Strengthen team culture by encouraging openness, trust, and connection

**REQUEST A SESSION
FOR YOUR TEAM HERE!**

**EMAIL YOUTHSUPPORT@NAMINYC.ORG
IF YOU HAVE QUESTIONS.**