

The Affect that Injuries can have on Collegiate Athletes Mental Health

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Why is This Topic Relevant?

- Over 100 student-athletes are injured each year.
 - College athletes are more likely to experience stress and experience psychological issues.
 - Athletes who undergo a serious injury are more at risk of suicide.
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Mental Health in Athletes

- Poor mental health in day-to-day life
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How an Injury Can Affect Mental Health?

- Causes depression as well as other psychological challenges
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Personal Experience

- Junior Year
 - Senior Year
 - Transition into college sports while still injured
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Possible Solutions

References
