

Mental Health Appointment / Performance Diagnostic Assessment

For Student-Athletes | MN Blue Line Therapy – Sports Performance Program

Purpose:

This comprehensive mental health and performance assessment is designed specifically for **youth athletes** navigating the mental, emotional, and social demands of competitive sports, school pressures, and personal development. It provides an individualized understanding of how stress, identity, performance expectations, and external pressures (e.g., social media, family, coaches) may be impacting the athlete's wellbeing.

What to Expect:

During the appointment, a licensed therapist will conduct a structured clinical interview and psychological screening to evaluate the following:

- Current symptoms (e.g., anxiety, stress, burnout, low self-esteem)
 - Athletic identity, motivation, and mental readiness
 - Emotional regulation, coping skills, and resilience
 - Social dynamics (team relationships, friendships, social media)
 - Sleep, nutrition, academic stress, and time management
 - History of injuries, transitions, or significant life changes
 - Risk factors including self-harm or suicidal ideation (if applicable)
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Session Length:

Typically **60–90 minutes**, with additional time for caregiver discussion and follow-up recommendations.

What You'll Receive:

- A written **Diagnostic Summary and Wellness Profile** (within 48–72 hours)
 - A **customized therapy or performance plan** (individual, family, or group)
 - Referrals for academic, psychiatric, or sport-specific support (if needed)
 - Clear goals for improving focus, confidence, recovery, and resilience
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Who Should Schedule This Appointment?

- Student-athletes (grades 6–12) in school, club, or elite competition
 - Youth showing signs of performance anxiety, low motivation, or emotional fatigue
 - Families seeking early mental health support for their athlete
 - Athletes preparing for **college recruitment**, returning from **injury**, or balancing sports with life transitions
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Additional Notes:

- Parent/guardian participation is encouraged during intake and planning.
- Confidentiality and trust are emphasized in all youth sessions.
- This assessment may also meet requirements for schools, sports organizations, or external referrals.