

There is always hope. There is always help®



JORDYN CLARK
FOUNDATION
SUPPORTED
MENTAL HEALTH
AWARENESS
TRAININGS

making it okay
for athletes to
talk about and
get help for
mental health



I am able to
recognize that
someone may be
struggling

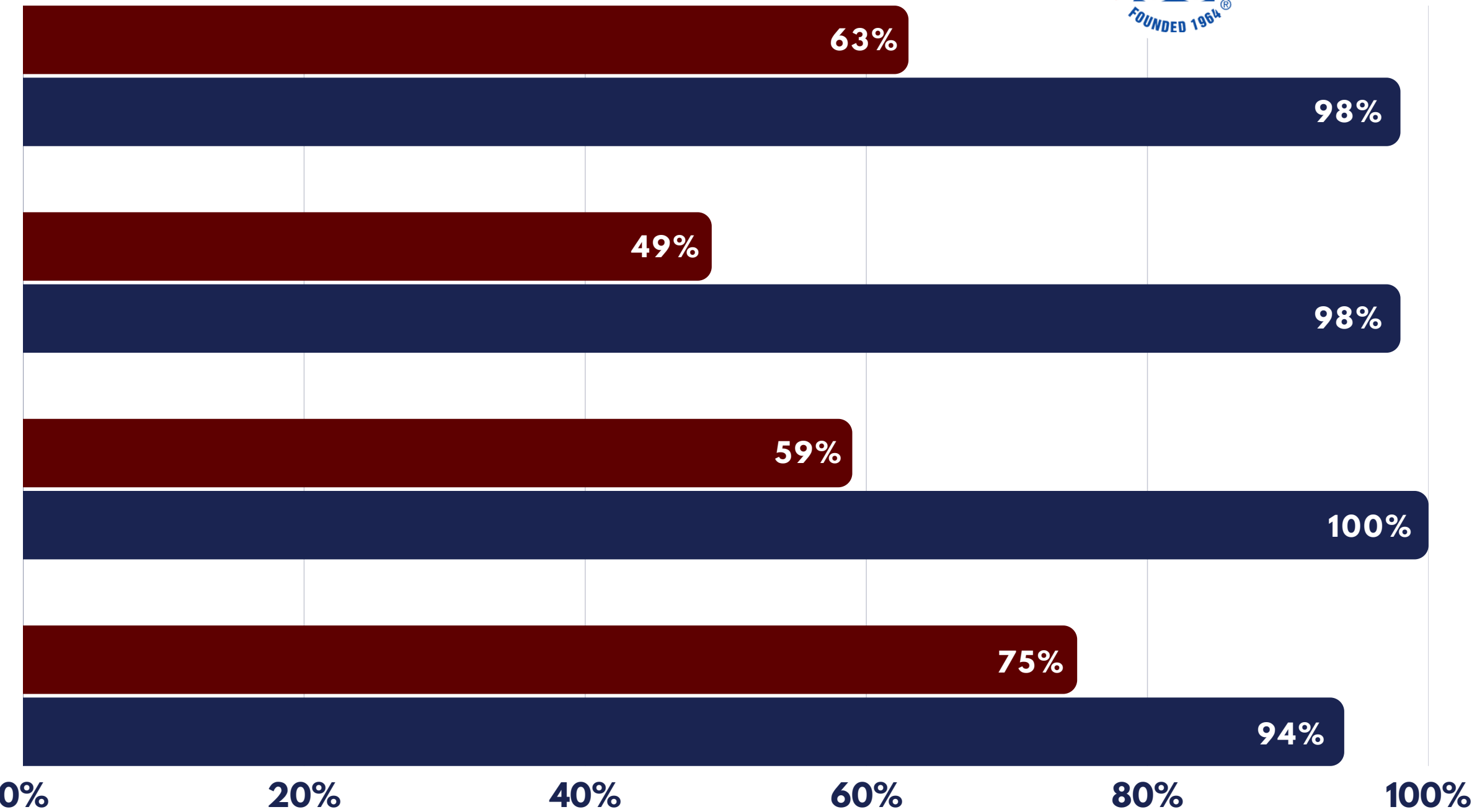
I know how to
provide initial
support

I would be willing to
start a conversation
if I were concerned
about someone

I would be willing to
get support if I were
struggling

% of AYSO ACT! Participants that Strongly Agreed or Agreed

● BEFORE ACT! ● AFTER ACT!



provided by
JCF Partner:



U.S. CENTER
MENTAL HEALTH
& SPORT