

Supplemental Table 1. Potential recommendations to manage student-athlete mental health during COVID-19.

Level	Recommendations
Sport Organization (i.e. U Sports, NCAA, BUCS)	<ul style="list-style-type: none"> • Conduct regular mental health surveys to understand the overarching needs of student-athletes and athletic support team members involved under the umbrella of your organization. • Consider organizing virtual intercollegiate sport competitions using novel athletic social media platforms (i.e. Zwift, Strava, Sportstats, etc.). • Ensure both student-athletes and institutional athletic support members are involved in pandemic-related decisions surrounding intercollegiate sport (which may impact the day-to-day operations and activities of these groups).
Academic Institution (Secondary and Post- Secondary Schools)	<ul style="list-style-type: none"> • Provide regular COVID-19 updates focusing on new restrictions, anticipated return-to-play decisions, and screening procedures. • Conduct mental health screening and mental wellness check-ins on an ongoing basis (i.e. monthly, per academic term, etc.). • Promote institutional mental support services (if available) and provide psychoeducational resources to your student-athlete population. <ul style="list-style-type: none"> ○ Other important educational resources may include academic support, dietary, social health, career planning, and financial assistance resources. ○ Consider offering specific support programs tailored to the needs of the student-athlete population (i.e. integrating both academic and athletic endeavours). • Ensure all members involved in the training and care of student-athletes are aware of the mental health concerns faced by student-athletes and potential management/treatment strategies. <ul style="list-style-type: none"> ○ It is important that all parties are liaising with one another (while taking the necessary steps to protect confidentiality).
Student-Athlete (Individual and Team)	<ul style="list-style-type: none"> • Embrace the belief that mental health and well-being is similar to physical injury, in that it requires ongoing management and treatment. • Organize regular virtual meetings with other student-athletes, coaches, and team staff to connect, destress, and provide ongoing support. • Engage in mindfulness and self-care practices (i.e. yoga, meditation, exercise, reading, mindful breathing, etc.) on a regular basis. • Seek academic support services offered at your institution if needed. • Be aware, knowledgeable, and willing to access mental health support and resources in your area/at your institution. • Utilize nationally-funded telecommunication support services (examples of available services are listed below). <ul style="list-style-type: none"> ○ Canada: Good 2 Talk (https://good2talk.ca/), Crisis Services Canada (https://www.crisisservicescanada.ca/en/), Kids Help Phone (https://kidshelpphone.ca/) ○ United States: Crisis Text Line (https://www.crisistextline.org/), National Suicide Prevention Lifeline (https://suicidepreventionlifeline.org/) ○ United Kingdom: Samaritans (https://www.samaritans.org/), SANEline (http://www.sane.org.uk/), The Mix (https://www.themix.org.uk/)

BUCS: British Universities & College Sport (United Kingdom), NCAA: National Collegiate Athletic Association (United States).