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

<table>
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<th>Level</th>
<th>Recommendations</th>
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| Sport Organization (i.e. U Sports, NCAA, BUCS) | • 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) | • 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.  
  o Other important educational resources may include academic support, dietary, social health, career planning, and financial assistance resources.  
  o 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.  
  o It is important that all parties are liaising with one another (while taking the necessary steps to protect confidentiality). |
| Student-Athlete (Individual and Team)       | • 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).  
  o **Canada:** Good 2 Talk (https://good2talk.ca/), Crisis Services Canada (https://www.crisisservicescanada.ca/en/), Kids Help Phone (https://kids helpphone.ca/)  
  o **United States:** Crisis Text Line (https://www.crisistextline.org/), National Suicide Prevention Lifeline (https://suicidepreventionlifeline.org/)  
  o **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).