

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

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