



"Mental health is so important, but not talked about nearly enough given its statistical prevalence.

Mental illness doesn't discriminate and is so often hidden behind a smile.

Being vocal about your mental health struggles isn't easy, but I want every person struggling to know that there is always a light at the end of the tunnel as well as people who love you and want to help you."

Morgan's Message® High School Ambassador

RESOURCES

For a more extensive list of mental health and suicide prevention resources, please visit:

www.morgansmessage.org/resources

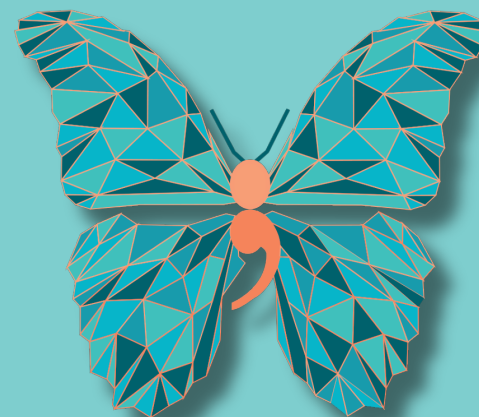


National Suicide & Crisis Hotline
Dial 988



Crisis Text Line
Text HOME to 741741

MORGAN'S MESSAGE®



TAKING A SHOT AT MENTAL HEALTH®

[@MORGANSMESSAGE](http://WWW.MORGANSMESSAGE.ORG)

ABOUT US

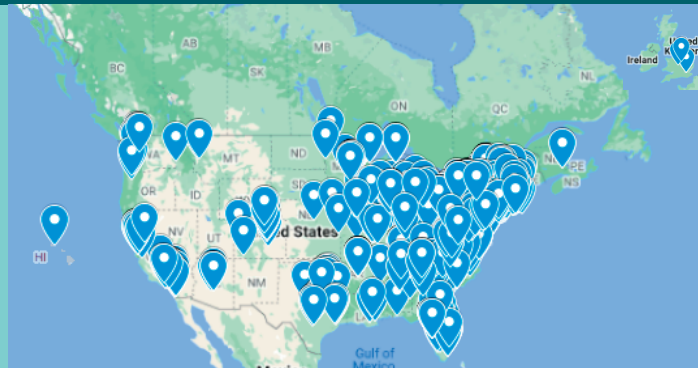
OUR MISSION

Morgan's Message® amplifies stories, resources, and expertise to confront student-athlete mental health, builds a community by and for athletes, and provides a platform for advocacy.

OUR VISION

Morgan's Message® strives to eliminate the stigma surrounding mental health within the student-athlete community and equalize the treatment of physical and mental health in athletics. We aim to expand mental health dialogue by normalizing conversations, empowering those who suffer in silence, and supporting those who feel alone.

EDUCATION PROGRAMS

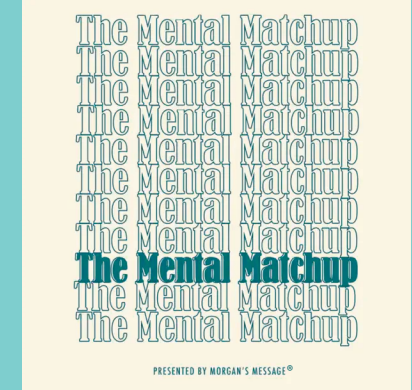


STUDENT-ATHLETE AMBASSADORS



The Morgan's Message® Education Program supports motivated students to become active leaders and advocates for mental health on their campuses. Through this Ambassador-led program, student-athletes are provided with a peer-to-peer mental health advocacy group on their campus and in their community.

THE MENTAL MATCHUP®



PODCAST & BLOG

The Mental Matchup® is equal parts a podcast and blog where we share stories about the mental health journeys of fellow athletes.

This key initiative sheds light on one of the hardest competitions an athlete will face - the matchup against their own mind. We have created this safe space for processing difficult topics and emotions, and to make people feel less alone.

CONTACT US



www.morgansmessage.org



info@morgansmessage.org



5816 Wellington Road
Gainesville, VA 20155



www.morgansmessage.org/donate

AT-LARGE AMBASSADORS

The Morgan's Message® At-Large Ambassador Program brings together mental health advocates who are **not** currently student-athletes. This program aims to build safe communities for mental health advocacy through specialized Focus Groups.



LISTEN NOW ON
YOUR STREAMING
SERVICE OF CHOICE.