

Save Lives!



U.S. CENTER
MENTAL HEALTH
& SPORT



1 in 3 young adults struggle.
Help us find support for them!

*Your donation helps us bring
optimum mental health to sport
communities & prevent suicide.*

USC-MHS is a 501c3

Donate using the QR code or

<https://mentalhealthandsport.org/donations/usc-mhs01/>





U.S. CENTER
MENTAL HEALTH
& SPORT

2026 Report February - March



supported by:



ACT! Mental Health Awareness Certification

Feb 2025 - Mar 2026
Report

Total Participants

1,280+

Total Impact*

25,600+

**Each participant is likely connected with at least 20 other people in their networks with whom they can provide increased mental health support.*

All Roles of Participants*

Coach

16%

Teacher

23%

Student &/or Athlete

70%

Parent

16%

Administrator

6%

**Some participants indicated more than one role.*

Select Survey Responses*



I understand the difference between mental health and a mental health challenge

I am willing to let people in my sport program/community know they can talk to me

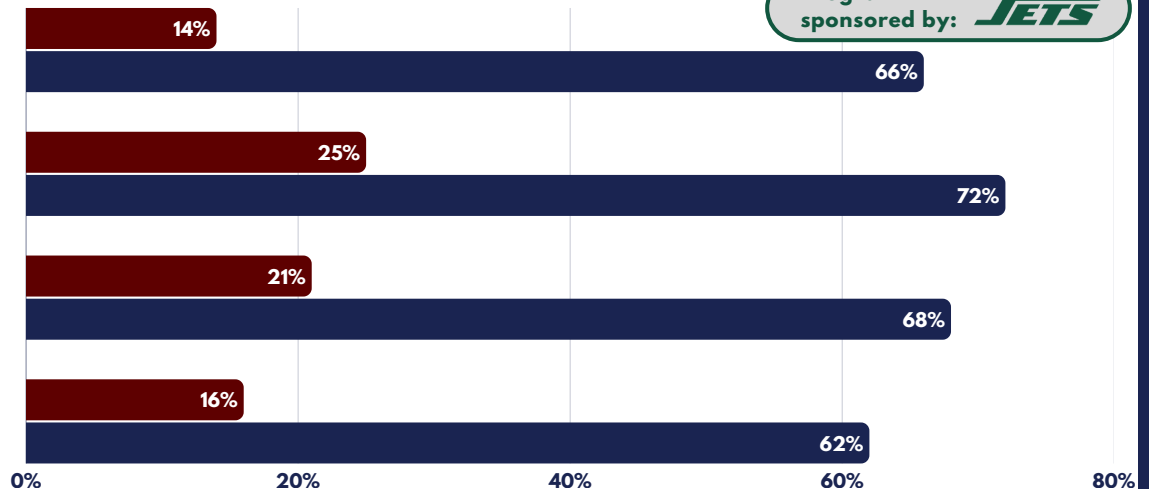
I am confident I can recognize when someone may be struggling with their mental health

I know how to provide initial support to someone experiencing a mental health challenge

% of ACT! Participants that Strongly Agreed:

● BEFORE ACT! ● AFTER ACT!

Program sponsored by: **JETS**



**Full ACT! Certification survey findings can be found at the end of this report.*

Train-the-Trainer Report

In order to increase our capacity to continue working with the NY Jets to grow the mental health awareness effort, we trained 10 new ACT! Certification instructors in New Jersey on March 2-3 who are now certified to deliver the ACT! Certification course. These instructors can lead future trainings, helping more schools and communities learn how to recognize and respond to mental health challenges using the ACT! approach. With this team in place, we can expand the reach of ACT! in New Jersey and provide more students, staff, and educators with the skills and confidence to offer timely and compassionate support.



ACT! Certification for Mental Health Awareness

Purpose of ACT! Certification

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The ACT! Certification gives students, staff, and educators practical skills in the mental health space to recognize early signs of mental health challenges and respond with confidence before situations turn into a crisis. The training helps individuals notice warning signs such as changes in mood, behavior, appearance, and language and teaches a simple action plan of Ask, Listen, Respond. Participants learn how to start supportive and nonjudgmental conversations, listen to build trust and safety, and guide someone toward appropriate resources when more help is needed, including how to respond if suicide may be a concern. Bringing ACT! into schools helps create a culture where people feel more comfortable talking about mental health, are better prepared to notice when someone is struggling, and can provide timely and compassionate support that can make a real difference for students.

**Fulfilling the Purpose
SAVING LIVES
TOGETHER!**



**Example
of a life
saved!**



As a result of the ACT! Certification, we were informed that a teacher in the NJAC Conference saved a life when able to recognize and respond to a student who was struggling and planning to die by suicide.

ACT! Satisfaction Report**

% of ACT! Participants that Strongly Agreed or Agreed



I am satisfied with the content of the ACT! Certification.



I would recommend that others in my sport community participate in ACT! Certification program.

“This workshop is stigma reducing and teaches empowering language and actions by normalizing and prioritizing mental health.”

“I appreciate being able to walk away with something I can use.”

“In the 32 years I've been teaching, this is the best professional development day I've ever had! Thank you for teaching me skills I can use right away in my classroom and at home!”

NY Jets High Schools Served

NJAC

- Delbarton
- Dover HS
- Hanover Park HS
- High Point Regional HS
- Jefferson Township HS
- Madison HS
- Morris County School of Technology
- Newton HS
- North Warren Regional HS
- Parsippany Hills HS
- Randolph HS
- West Morris Central HS
- West Morris Mendham HS
- Whippany Park HS
- Vernon Township HS
- Villa Walsh Academy

Super Essex

- American History HS
- Bard HS
- East Side HS
- Newark School of Data Science and Information Technology
- Newark School of Global Studies
- West Side HS





U.S. CENTER MENTAL HEALTH & SPORT

TESTIMONIALS

"I would've said this to you in person afterward, but I was honestly fighting back tears the whole time because I have literally checked every box on that slideshow at some point or another in the past, and because I was moved by how much you seem to care and the effort you are putting into helping others that can relate to your own experiences."

"-U.S. Soccer National Referee"

"I want to thank you for your time presenting last night. It was very informative and nice to have such a sensitive topic presented with an amazing connection to those that attended. I left feeling educated and more prepared to tackle this difficult topic. I know that your time will make a massive difference!"

"-MN Youth Soccer Club Director"

ACT! AGENDA

Ask us for a brochure with information about our ACT! Certification. You can also find it on our website.



LIVES SAVED

USC-MHS is saving lives. We know that through individuals who have shared directly with us that have helped someone or sought help themselves when considering suicide because of what they learned in our ACT! Certification. As an example, we had a high school athlete in North Carolina show us his cutting marks and tell us he was considering suicide immediately after a session. We were able to connect him with professional resources and he is on the road to recovery; grateful that he was provided a safe space to seek help.

ADDITIONAL EFFORTS

USC-MHS pursues its mission to bring optimum mental health to sport communities through a variety of efforts including working with the Jordyn Clark Foundation in Minnesota, working with the Zac Plantz Foundation in Illinois, and working with Special Olympics International to bring ACT! Certification to a global audience.

WORKING TOGETHER

USC-MHS is grateful for any opportunity to expand mental health awareness in sport. We make it a priority to share about the generosity of the funding foundations and sponsors making our programs possible.

www.mentalhealthandsport.org