

# 2026

# ATHLETE PSYCHOLOGICAL SERVICES RESOURCE GUIDE



## TEAM USA PSYCHOLOGICAL SERVICES SUPPORT LINE

**+1 719-866-CALL(2255)**

The USOPC has contracted with a nationwide call center to create a confidential psychological services support line that is available to Team USA domestically and internationally 24 hours a day, 7 days a week. Calling will connect Team USA athletes immediately to a licensed mental health provider who can assist in the management of mental health crises or provide resources related to mental health and wellness anywhere in the world.

## SAFESPORT HELPLINE

**+1 866-200-0796**  
**[SafeSportHelpline.org](https://www.safesporthelpline.org)**

The SafeSport Helpline provides crisis intervention, referrals, and emotional support specifically designed for athletes, staff, and other SafeSport participants affected by sexual violence. Through this service, support specialists provide live, confidential, one-on-one support. All services are anonymous, secure, and available 24/7.

## USOPC MENTAL HEALTH & PERFORMANCE DIRECTORY

**[Miresource.com/orgs/usopc](https://miresource.com/orgs/usopc)**

The USOPC Mental Health & Performance Directory is a newly consolidated, public resource to connect Team USA athletes and national team coaches with highly-qualified mental health and mental performance providers who have experience working with elite populations. Users can filter and search the directory to either connect with licensed mental health providers or experienced Certified Mental Performance Consultants across the country who specialize in mental performance.

If you are unable to find a referral through the directory, please contact USOPC Psychological Services at [psychservices@usopc.org](mailto:psychservices@usopc.org).

## EHOME COUNSELING GROUP

**[Ehomegroup.com/team-usa](https://ehomegroup.com/team-usa)**

eHome Counseling Group is a nationwide virtual counseling network that provides empirically-based mental health treatment anytime and anywhere with the highest quality licensed mental health providers on a convenient, confidential, and integrated platform.

eHome accepts health insurance and USOPC Psychological Services will pay for any expenses outside of insurance.

Contact [psychservices@usopc.org](mailto:psychservices@usopc.org) for assistance with co-pays and deductibles if applicable.

## USOPC ELITE ATHLETE HEALTH INSURANCE (EAHI)

**[AthleteHealthcare@usopc.org](mailto:AthleteHealthcare@usopc.org)**

For Team USA athletes covered by the Elite Athlete Health Insurance, therapy/counseling sessions with an in-network or out-of-network licensed mental health provider have no co-pay and a deductible does not apply. If a Team USA athlete covered by EAHI engages in services with a mental health provider who does not accept insurance, the athlete can seek reimbursement from the USOPC. For appropriate paperwork, please contact USOPC Psychological Services at [psychservices@usopc.org](mailto:psychservices@usopc.org) or USOPC Athlete Healthcare Navigators at [athletehealthcare@usopc.org](mailto:athletehealthcare@usopc.org).

## HEADSPACE PLUS™

[PsychServices@usopc.org](mailto:PsychServices@usopc.org)

Team USA athletes have access to hundreds of resources for focus, sleep, movement and more, including content designed for recovery, competition, training and motivation through Headspace Plus™ – a meditation and sleep app used by more than 66 million and clinically proven to reduce stress, improve happiness and increase focus.

Team USA athletes should email [psychservices@usopc.org](mailto:psychservices@usopc.org) to request membership access.

## OPTIMIZE MIND PERFORMANCE (OMP) APP

[PsychServices@usopc.org](mailto:PsychServices@usopc.org)

Optimize Mind Performance (OMP) is a sports-focused mental skills training app designed to help develop and strengthen mental performance skills. Athletes and national team coaches can access a wide range of on-demand mental skills training programs developed by the USOPC and world-renowned mental performance experts covering topics such as motivation, concentration, confidence, resilience, visualization, breathwork, and more. Request access through USOPC Psychological Services.

## MENTAL HEALTH ASSISTANCE FUND (MHAF)

[USOPC.org/MHAF](https://usopc.org/MHAF)

The USOPC Mental Health Assistance Fund (MHAF) will be used to direct financial gifts from our mental health ambassadors to financially support the mental health of our athletes. Athlete mental health expenses eligible to be covered by the MHAF: payment for mental health treatment, deductibles and copayments for mental health services, psychiatric prescription medication costs, and mental health related travel and accommodations. Visit [usopc.org/MHAF](https://usopc.org/MHAF) to apply.

## USOPC INTERNAL SERVICE PROVIDERS

[USOPC.org/Meet-The-Psych-Services-Team](https://usopc.org/Meet-The-Psych-Services-Team)

USOPC psychological services offers eligible Team USA athletes and teams access to internal providers who are licensed in mental health and credentialed in mental performance. These providers integrate psychology and sport science expertise to support athletes in achieving sustained competitive excellence and holistic well-being.

# CONTACT US



[USOPC.org/PsychServices](https://usopc.org/PsychServices)



[PsychServices@usopc.org](mailto:PsychServices@usopc.org)



+1 719-866-2388

*For athlete referrals to USOPC Psychological Services, please complete [this form](#).*