



Courage First

Athlete Helpline

TEXT

CALL

CHAT



call or text:
1.888.279.1026

live chat available at:
athlethehelpline.org

**Specialized counselors available
Monday through Friday
12 p.m. to 8 p.m. Pacific time**

Calls outside of business hours will be routed to the
Childhelp National Child Abuse Hotline.

Access to over 170 languages through interpreters (calls only)

Whether you seek courage to make a call for yourself, courage to help another, or the courage to simply learn more, we are here to support your journey every step of the way.

Our specialized counselors can help:

- Athletes of all ages
- Former Athletes
- Coaches
- Parents
- Sports Communities

We are available to help with:

- Crisis Intervention
- Emotional Health Support
- Informational Resources
- Abuse Questions or Concerns
- Reporting Guidance



Courage First Athlete Helpline is presented by the Foundation for Global Sports Development/Sidewinder Films and the Childhelp National Child Abuse Hotline. For more information about the program, please visit athlethehelpline.org.

