



CASE STUDY

The Value of Peer Support

This case study demonstrates the value of community support and technology enablement, and affirms the needed outlet for athletes to express themselves and connect with their peers.



Compelling Feedback from Athletes

90%

of all student athletes report that NDUR enhances their self-care.

and

82%

of student athletes say that NDUR helps them take pro-active steps in supporting their self-care.

NDUR supports the interconnectivity of physical, mental and spiritual health and well being.



Digital natives rely on their phones for everything

72%

report that NDUR's
centralized mobile HUB
experience is very helpful.

Pathways to peers, campus support and community all in one app.



**NDUR's peer community dialogue
RESONATES**

75%

say that the NDUR's discussion topics are highly relevant to them.

Athletes overwhelmingly prefer talking with their peers who can relate to their unique experiences.



NDUR's meets athletes on their OWN TURF

64%

of all athletes in the NDUR community are engaging in peer discussions regularly

NDUR is portable – athletes use NDUR on average 11 minutes per session

TESTIMONIALS- NDUR is Where All Athletes have a Voice



NAOMI GIRMA

"NDUR is a community that I wish I could've been a part of while I was a student-athlete. I have always found the most comfort in talking to athletes who have been through or are currently going through the same challenges as me. NDUR streamlines this process by connecting athletes through community and shared experiences."



San Diego Wave
Stanford University
Co-Captain, Class of 2022



SAMMY JO TRACY

"Being a woman playing at an elite level both in college and professionally has unique challenges and obstacles. Knowing I'm not alone and having a safe and anonymous place to share my experiences is such a great outlet. Especially being able to share how you are feeling openly and authentically without being judged."



Athletes Unlimited
University of Carolina
Co-Captain, Class of 2017



JAKE ROZHANSKY

"When I had to deal with a personal issue that was overwhelming and impacted my performance on the field, the Revolution supported me with access to a therapist. It took weeks to arrange and wasn't effective. I found relief through group therapy, just like the NDUR community is doing, but with NDUR it's right in my back pocket, 24/7."



New England Revolution
University of Maryland
Co-Captain, Class of 2019

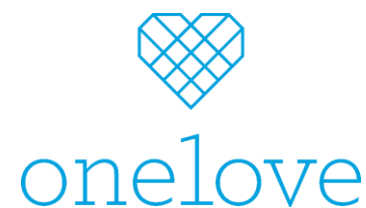


SIERRA ENGE

"In losing my best friend, teammate, and co-captain to suicide, I learned about the power of connecting and talking with others who have gone through similar experiences and challenges. The NDUR app allows me to connect with peers from other schools, and I built a supportive connection that felt different from therapy."



San Diego Wave
Stanford University
Co-Captain, Class of 2023



NDUR is advocated for and supported by the broader Health and Wellness Community

NDUR validates the need for a cross-campus peer network



Rapid adoption and acceptance with athletes representing **50+ campuses** in 6 months

CONCLUSIONS

NDUR provides a high value, technology enabled, layered care model, with essential pathways, that dramatically enhance current campus support models.