

NDUR



COMMUNITY SUPPORT FOR ATHLETES

Why college athletes are supporting the NDUR Community as a Campus Ambassador

www.ndurforathletes.health

Spending my freshman year at a different university during the peak of COVID, I encountered several mental battles that arose for many different reasons. After transferring to the U of M and switching from a business route to a psychology route, I have dedicated my time to making sure student-athletes know they have resources, support, and solutions. NDUR would be an incredible possibility to expand my knowledge and gather those around me to do so as well.





I am interested in becoming an Ambassador because I want to help spread the word about student mental health everywhere, starting with my college. Student athletes have always been pushed to their limits and overlooked when it comes to mental health. I am apart of a couple on campus activities that help promote this message, but I believe that NDUR will help reach more people.

I am interested in being an ambassador because I have been working with NDUR for over a year now and am really invested in the program. With that, I have used NDUR for my own mental health and have personally been affected in a positive way through it. Having personal experience is an additional aspect that I bring to the table as well as my passion for student athletes' mental health. I have been an advocate for this on my campus and am excited for that to continue.



I am interested because I want be able to share this type of content with not only my team but other teams around campus to help get the conversation started. It's so important yet no one wants anything to do with it, I want be the one to make that change in my community.



I want to help
eliminate the
stigma surrounding
mental health for
student athletes.

