



OutAthlete

A queer athlete
mental health
community



WHAT IS IT?

OutAthlete is an 8-week, 60-minute group aimed at reducing suicide risk and mental health challenges faced by LGBTQIA+ student-athletes (age 14+). The curriculum is grounded in psychoeducation focusing on factors unique to the mental well-being of LGBTQIA+ student-athletes.

OBJECTIVES

Reduce the unique vulnerability of depression, suicide, and self-harm LGBTQIA athletes face due to discrimination by:

- Decreasing LGBTQIA athletes' sense of isolation.
- Increasing emotional intelligence.
- Serving as a resource hub for group members needing additional referrals.

THE FACILITATOR



Hannah F. (she/her) is an MSW student at Washington University and an intern at Healing Exchange. As a queer person, she has felt the isolation that can come with navigating sport culture and hopes to create opportunities for more LGBTQIA+ people to connect, grow, and heal.

**Get on the interest list.
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