



Courage First

Athlete Helpline

TEXT

CALL

CHAT



call or text:
1.888.279.1026

live chat available at:
athlethelpline.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)

We are available to help with:

- Crisis intervention
- Emotional health support
- Informational resources
- Questions and concerns about physical, emotional, or sexual abuse
- Abuse reporting guidance

Our specialized counselors can help:

- Athletes of all ages
- Former athletes
- Coaches
- Parents
- Sports communities

**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.**



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
athlethelpline.org.

