



MEMBER SUPPORT RESOURCE

MENTAL WELLNESS RESOURCES

VERSION 1.1 / AUGUST 2026

AVAILABLE RESOURCE

The complete source resource directory, current crisis contacts, early warning signs, and practical routes to qualified support.

IMMEDIATE HELP IN THE UNITED STATES

If you or someone else is in immediate danger or needs urgent medical help, call 911. For emotional distress or a mental-health crisis, call or text 988 or use the chat at 988lifeline.org. The 988 Lifeline is available 24/7, free, and confidential.

THIS SHEET IS A STARTING POINT

Competition, content schedules, online conflict, financial uncertainty, public metrics, isolation, and irregular sleep can compound stress. Needing help is not a failure. This resource does not diagnose a condition or replace licensed care.

RECOGNIZE A PAUSE SIGNAL

- Sleep, appetite, concentration, school, work, or relationships are being disrupted.
- Gaming or content no longer feels manageable, even after rest.
- You feel trapped by metrics, team expectations, harassment, or online attention.
- You are using substances, self-harm, or dangerous behavior to cope.
- You are thinking about suicide, feel unsafe, or believe someone else may be at risk.

LOW-FRICTION NEXT STEPS

- Tell a trusted person what is happening and what kind of support would help.
- Ask your team lead for time away, a schedule adjustment, or reduced public activity.
- Mute nonessential notifications and step out of conflict-heavy channels.
- Use your health insurance directory, primary-care provider, school resources, or SAMHSA treatment locator to find care.
- Document harassment or threats and use the ADHDEsports Report a Concern route rather than handling it alone.

INDEPENDENT RESOURCES

- 988 Suicide & Crisis Lifeline - 988lifeline.org; call or text 988 in the United States.
- Crisis Text Line - crisistextline.org; in the United States text HOME to 741741 for free, confidential 24/7 support.
- SAMHSA National Helpline and treatment locator - samhsa.gov/find-help.
- Mental Health America - mhanational.org and screening.mhanational.org for education, support routes, and free confidential screening tools.
- NAMI HelpLine and education - nami.org/help for information, peer support, and navigation.
- 7 Cups - 7cups.com for online emotional-support options; review service limits and privacy terms before use.
- You Are RAD - youarerad.org for community-oriented mental-health education and support resources; verify current offerings.
- Take This - takethis.org; mental-health education focused on games and gaming communities.
- AbleGamers - ablegamers.org; accessibility, community, and player-support work for people with disabilities.
- Befrienders Worldwide - befrienders.org; directory for crisis support outside the United States.
- Samaritans - samaritans.org for crisis and emotional-support information in the United Kingdom and Ireland.

ADHDESORTS-SPECIFIC SUPPORT

- Contact your direct lead to request time away, reduced activity, or an adjusted workload.
- Use the Report a Concern route if harassment, threats, doxxing, discrimination, retaliation, or unsafe team conditions are contributing to distress.
- Community members may contact moderators for channel-level support; moderators are not counselors and should escalate urgent risk.
- For a minor creator or academy/development participant, involve the parent or legal guardian and follow safeguarding procedures.

CUSTOMIZATION AND REVIEW TIPS

- Verify every crisis number and link at each scheduled document review.
- Add local or event-specific resources before travel or an in-person event.
- Never list an internal volunteer as a therapist, crisis worker, or medical contact unless they are formally serving in that professional capacity.
- Keep support requests private and collect only the information needed to make an operational adjustment.

FOR TEAM LEADS

- Listen without diagnosing, pressuring disclosure, or promising secrecy.
- Reduce workload or access when safety, sleep, burnout, or harassment is affecting the member.
- Escalate immediate danger to emergency services and safeguarding concerns through the correct reporting channel.
- For minors, include the parent or legal guardian and follow the Safeguarding and Minor Participation Policies.

ADHDESORTS IS NOT A CRISIS OR CLINICAL SERVICE

Organization leaders may offer a check-in or operational adjustment, but they are not substitutes for emergency responders, licensed clinicians, or professional treatment. Resource availability and eligibility can change; verify details with the provider.

SOURCE & REVIEW NOTE

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