

BARRIERS TO HELP SEEKING

STAND UP. **SPEAK UP.**

- ⑤ **STIGMA AROUND MENTAL HEALTH**
- ⑤ DON'T WANT TO APPEAR WEAK
- ⑤ DENIAL OF PROBLEM
- ⑤ FEAR OF PRIVACY AND CONFIDENTIALITY
- ⑤ NEGATIVE PAST EXPERIENCES SEEKING HELP
- ⑤ **WORRIED IT WILL CHANGE COACH PERCEPTIONS**
- ⑤ LACK OF KNOWLEDGE OF SYMPTOMS

**STOP THE STIGMA.
LET'S TALK ABOUT
MENTAL HEALTH.**