

**Subject:** MindBeat: Student Athletes and Mental Health

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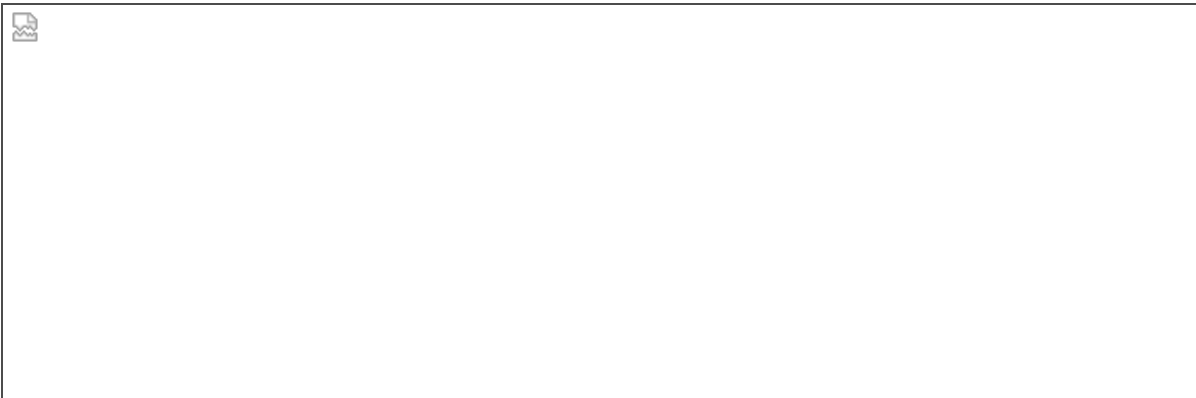
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student-athletes-mental-health.png

### Feature Article: Student Athletes and Mental Health

Participation in school athletics has a wide range of benefits for kids. For many, playing sports is just plain fun. Being active increases health and physical fitness, and the benefits extend to mental health as well. Yet alongside these benefits, there's a shadow side to youth athletics. [Read More](#)

[Read More](#)

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### In the News

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### Can We Embrace These 3 Insights About Teens and Tech?

Caregivers are tired of alarming headlines, managing parental controls and default settings, and watching their teens struggle to navigate a digital world that wasn't built to benefit them. [Read More](#)



### With the Decline in Youth Mental Health Comes Another Concerning Trend, Study Finds

Many young people have reported having poor mental health during and after the Covid-19 pandemic. Their experiences are affirmed by a new study finding that the rate of prescribing antidepressants to this group also spiked during the same period. [Read More](#)



### NYC Students, Advocates Call for School-Based Restorative Justice, Mental Health Funding

"None of the wonderful things that have happened to me in high school would have happened if I had pushed for suspension," she said. "I made a choice to listen and see the people on the other side of the problem instead of burying myself in resentment and hate, and that opened me up to a whole new universe of joy and acceptance." [Read More](#)

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## UPCOMING WEBINARS

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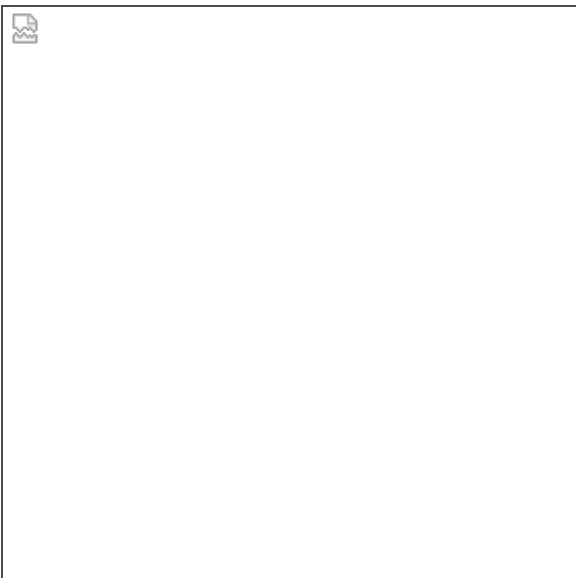
Jen Grant\_Erika's Lighthouse  
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### Elevating Teen Mental Wellness: Accessing Free Resources for Your School with Shantal Saldaña of Erika's Lighthouse

Join us on March 4th at 3:30 PM ET for an enlightening session in honor of Teen Mental Wellness Awareness Day as we explore Erika's Lighthouse Tier-1 programs. Uncover the impactful and complimentary resources designed to support students, parents, caregivers, teachers, and school staff in cultivating inclusive environments for mental wellness. [Register Now!](#)

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## EATING DISORDERS AWARENESS WEEK - SPOTLIGHT VIDEO



### Feeding and Eating Disorders: When Food Is More Than Just Food

Watch this enlightening video from our partner, Psych Hub, on the voices of Eating Disorders, a disorder affecting millions of Americans that typically begins during adolescence. [Watch Now](#)

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Don't miss an episode!!!

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