

WHAT WE DO

ADVOCATE

We believe that all student-athletes should be able to speak openly about their mental health experiences without worrying about being judged or viewed as weak. Our platform helps amplify the voices and needs of all athletes.

EDUCATE

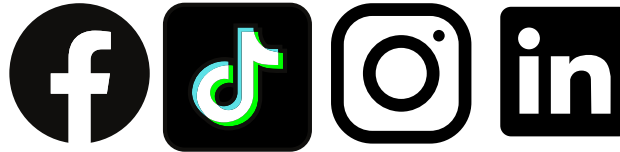
We bring light to the many issues and struggles that student-athletes face, with specific attention to the stigma of mental health in athletic culture. We hope to give athletic programs, clubs, and society a different perspective on the student-athlete lifestyle.

SUPPORT

This community is a safe space for all student-athletes to feel heard, supported, and loved. We provide free access and support from mental health professionals and other experts in the field.



@TheHiddenOpponent



venmo



thehiddenopponent.org



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CONTACT US

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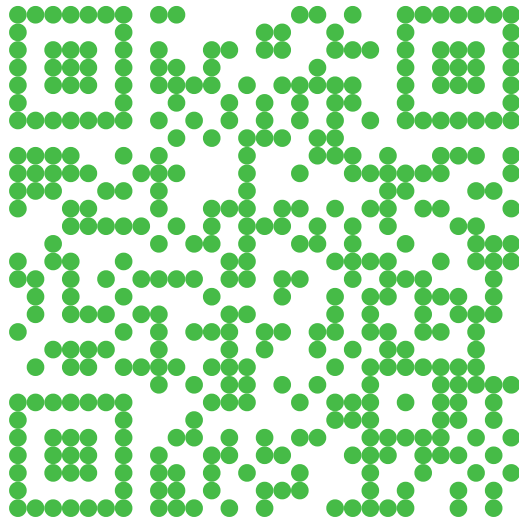
THE HIDDEN OPPONENT

TOGETHER WE WILL FACE
THE STIGMA OF
STUDENT-ATHLETE
MENTAL HEALTH

COACHES & PROFESSIONALS

The Coaches & Professionals program aims to provide education and resources to coaches and adults who work with student-athletes. The program covers a variety of topics, helping coaches and professionals become better support systems for their athletes, while also prioritizing their own mental health and self-care.

For more:
[thehiddenopponent.org
/coaches-and-professionals](https://thehiddenopponent.org/coaches-and-professionals)



SUPPORT US

Your donations will have a direct impact on student-athletes, coaches, athletic administrators, medical and mental health support staff, and other members of the athletic community.

We are grateful for any support to continue positively affecting the lives of student-athletes around the world! You can donate directly to our business account on Venmo or visit our website for more options.

Scan the QR code above to make a donation

CAMPUS CAPTAINS

The Campus Captains program brings mental health initiatives and awareness directly to college campuses through passionate student ambassadors, known as "Campus Captains." Our Captains are an extension of The Hidden Opponent team and work to improve culture and promote conversations at schools across the globe.

For more:
[thehiddenopponent.org
/campus-captains](https://thehiddenopponent.org/campus-captains)

