This framework is designed to assist the USOC and NGBs to respond to the mental health needs of Team USA athletes. USOC and NGB staff may use the decision tree to determine the appropriate course of action to connect athletes to services.

**Athlete in distress**

Are you concerned there is immediate danger to athlete or others?

**YES:**
This is an emergency. Call 911

**STAY CALM:**
Be ready to talk with dispatch operator. Stay with athlete until help arrives

**NO:**
This is important, but not an emergency. Listen to and validate athlete

Is the athlete working with a USOC Sport Psychologist?

Call USOC Sport Psychologist to inform about the situation; if team Psychologist not available call Karen Cogan 719-352-6764

NO: With the athlete, call USOC Sport Psychologist or Karen Cogan

YES: With the athlete, contact USOC Sport Psychologist; share your concerns. Contact another USOC Sport Psychologist or Karen Cogan if Psychologist of record is not available