

# TOPCARE

Supporting the whole Student-Athlete in Health & Welfare by utilizing an interdisciplinary team that includes providing care & resources whose main concern is for your over-all well being.

## WHERE

**do I go for  
support or guidance?**

- Athletic Trainer
- Sports Medicine Team
- Coaches
- Athletic Staff
- Teammates
- Family
- Friends
- On/Off Campus Resources
- SAAC

## WHAT

**are the areas you  
can help with?**

- Counseling Referrals
- Substance Abuse
- Disordered eating
- Support Group Resources
- ADD/ADHD
- Suicide
- Anxiety
- Sleep
- Social
- Sexual Assault
- Depression
- Academic
- OCD

## WHO

**would I possibly go see  
or work with?**

- Medical doctors
- Psychologist
- Therapist
- Title IX Coordinator
- Counselors
- Clinicians
- Athletic Administration
- Academics

# RESOURCES

## ON CAMPUS

- *Athletic Staff*
- *Counseling & Testing Center*
- *Student Health Center*
- *Campus Police*
- *Student Affairs*

*Know you don't have to approach what is going on, alone. There are people who want to help.*

## ONLINE

### **WKU:**

[www.wku.edu](http://www.wku.edu)

[www.wku.edu/emergency/learn-more.php](http://www.wku.edu/emergency/learn-more.php)

### **Athletic Training Page:**

[wkusports.com](http://wkusports.com)

### **Student Resource Portal:**

[www.wku.edu/online/srp](http://www.wku.edu/online/srp)

### **Counseling & Testing:**

[www.wku.edu/heretohelp](http://www.wku.edu/heretohelp)

## OFF CAMPUS

### **Drug Free Sport**

[www.drugfreesport.com/axis](http://www.drugfreesport.com/axis)

**Organization NCAA Division I**

**Password: *ncaa1***

### **Life Skills**

[www.lifeskills.com](http://www.lifeskills.com)

