



# MENTAL HEALTH & VITAL SUPPORTS

**AGES 10+  
ALL LEVELS  
ALL SPORTS**



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## Why Choose Athletes United?

All team members at AU are current or former athletes at the University/College level or higher. We understand the complex pressures athletes face.



- Improve **self-esteem**
- Achieve **academic success**
- Enhance **relationships** with friends & family
- Manage **stress** and improve **mental wellbeing**