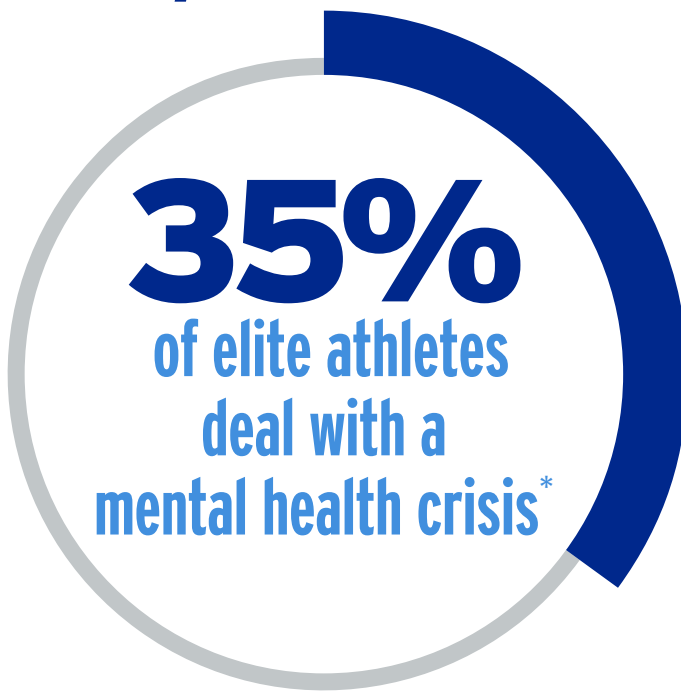
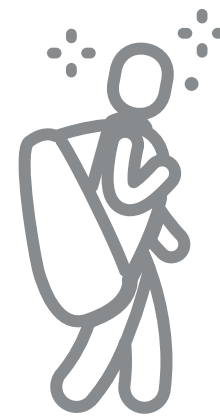


Why now?

To address current, identified stressors for today's athletes



May manifest as stress, burnout, anxiety, depression, or disordered eating.



According to Athletes For Hope.



COVID-19 related anxiety

They may still struggle from direct and indirect effects of the continuing global pandemic.

Elite Athletes are products of their subculture

Lifestyle factors of elite athletes commonly lead to:

- Sleep deprivation or disorders
- Depressive symptoms
- Anxiety symptoms
- Post-traumatic stress disorder
- Substance misuse

Resistance to seek help due to:

- Cultural barriers and stigma
- Tough-it-out mentality
- Access to qualified professionals with an understanding of professional sport

Plans for during the US Open

1 Licensed Mental Health Providers

Added to the US Open Medical Team



Access to mental health services throughout the duration of the event

3 Athlete Mental Health Ambassador

Mardy Fish, former U.S. #1 and current U.S. Davis Cup Captain, will provide guidance to our competition and medical teams and will also be available to all athletes for general support.



2 Mental Health Consultant



Claudia Reardon, MD has been retained as the US Open mental health consultant.

Internationally recognized as a leader in sports psychiatry.

4 Review Media Availability Options

Incorporate alternative options to accommodate athletes who experience mental health symptoms and disorders

Press conference moderators will help facilitate an environment of mental wellness and well-being and provide athlete support if requested



5 Recovery Services & Quiet Rooms

Available at the hotel and tournament site. (in practice since 2019)



6 Destigmatize Mental Health

The USTA will utilize a variety of platforms and methods to enhance the awareness, education and literacy of mental health issues, while incorporating mental health care as part of overall athlete health care.



Dedicated Leadership Team



Brian Hainline, MD
Chair, ITF Sports Sciences & Medicine Commission



Claudia Reardon, MD
Mental Health Consultant



Mardy Fish
Athlete Mental Health Ambassador



Stacey Allaster
USTA Chief Executive, Professional Tennis