



Courage First

Athlete Helpline

888.279.1026

athlethehelpline.org

Text

Call

Chat

Our counselors are available to provide resources and support to athletes, coaches, parents, and anyone involved in sports who has questions or concerns about abuse.

*Monday through Friday
12 p.m. to 8 p.m. Pacific time**



Our specialized counselors provide children and adults in any sports community with emotional support, crisis intervention, athlete-focused resources, and information on reporting suspected abuse.

We are here to help.

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** Calls outside of hours will be routed to the 24/7
Childhelp National Child Abuse Hotline*

