



General | 10/30/2015 2:16:00 PM | Nick Kornder, NSIC

NSIC SAAC Brings Awareness to the Topic of Mental Health



BURNSVILLE, Minn. - Mental health is a growing concern on campuses nationwide and within the Northern Sun Intercollegiate Conference (NSIC). To help bring awareness, NSIC [Student Athlete Advisory Committees](#) (SAAC) created short public service announcements on mental health awareness. Member institutions also designated an event during the fall athletic season that focused on bringing mental health awareness to their campuses and their communities.

A panel of judges, consisting of officials of the NSIC reviewed the PSA submissions and selected a winner based on overall impact, creativity, memorable content/delivery and originality. The PSA was required to include the school and NSIC logos along with the hashtag #NSICStands2gether. The winner of the contest was **St. Cloud State University**. The Huskies SAAC will be presented a check for \$500 that they plan donate to the Make-A-Wish Foundation.

"As leaders in NCAA Division II the NSIC takes great pride in bringing awareness to mental health. Our SAAC groups took on this initiative and created impactful public service announcements that will make a difference. We congratulate St. Cloud State University on their winning efforts, along with all the other NSIC institutions. The #NSICStand2gether to bring awareness to mental health," said NSIC Commissioner Erin Lind.


To view all the PSAs, go to <https://www.facebook.com/NSICSAAC/videos>.


Health means both physical and mental health: they are two sides of the same coin, with one often affecting the other. Physical problems, including sport injury, often have psychological or emotional consequences. Psychological problems, which can include eating disorders and substance-use problems, typically have physical consequences. As with physical injuries, mental health problems may affect athletic performance and limit, or even preclude, training and competition until successfully managed and treated.

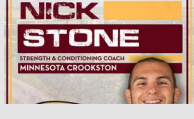
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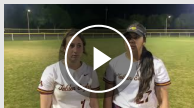
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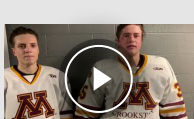
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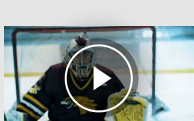
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