



WOMEN ATHLETES AND MENTAL HEALTH

FREDA DOXEY MPA, LMHC
“HEAD COACH”



NCAA
ELEMENTARY
HIGH SCHOOL
PROFESSIONAL



OLYMPIANS

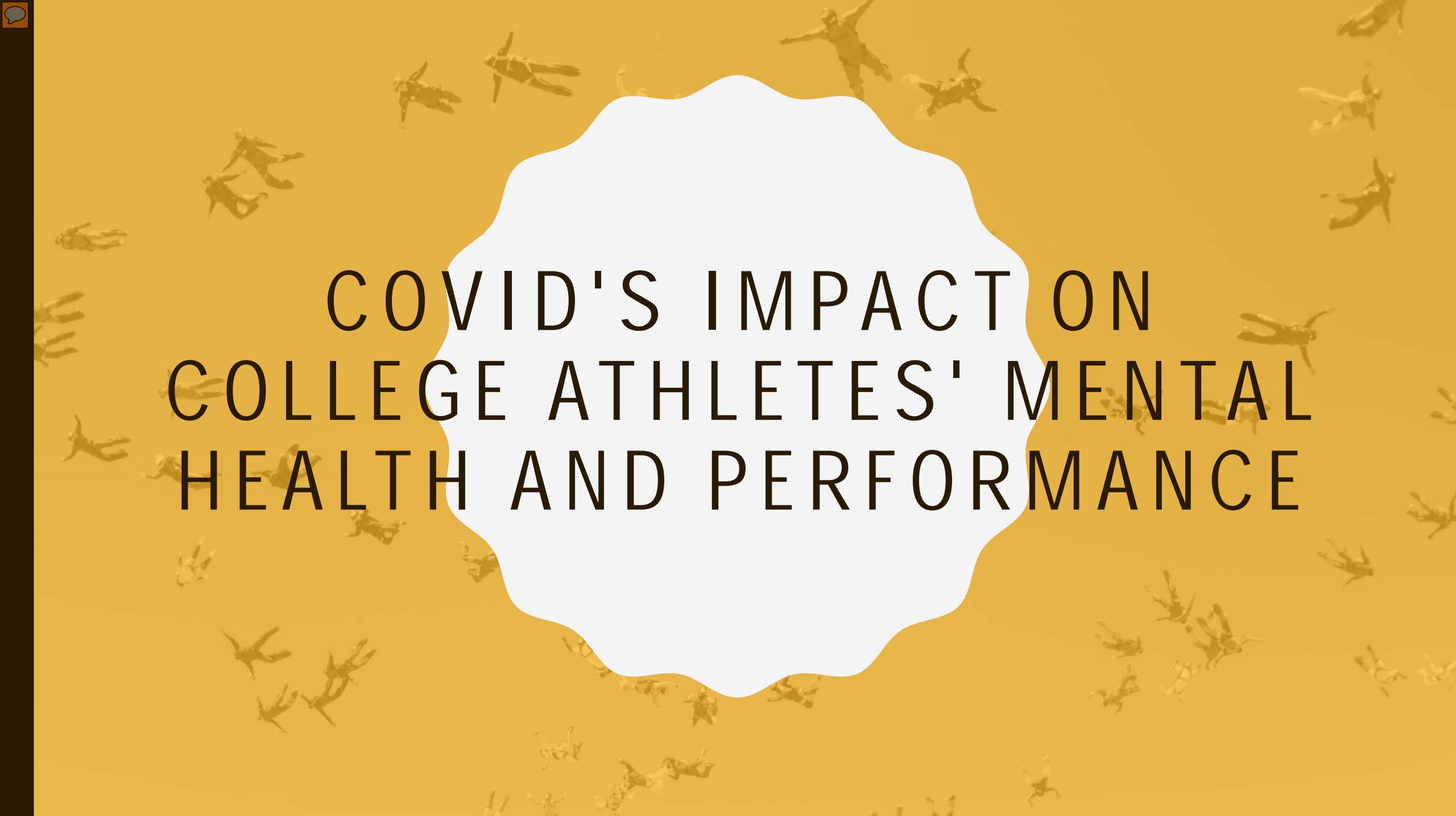


MENTAL HEALTH: WHAT IS IT?



PROFESSIONAL
ATHLETES WITH
BIPOLAR,
DEPRESSION,
AND ANXIETY





COVID'S IMPACT ON
COLLEGE ATHLETES' MENTAL
HEALTH AND PERFORMANCE

COACHES
PARENTS
FRIENDS



FREDA DOXEY

Licensed Mental Health Counselor

<https://awise.company>

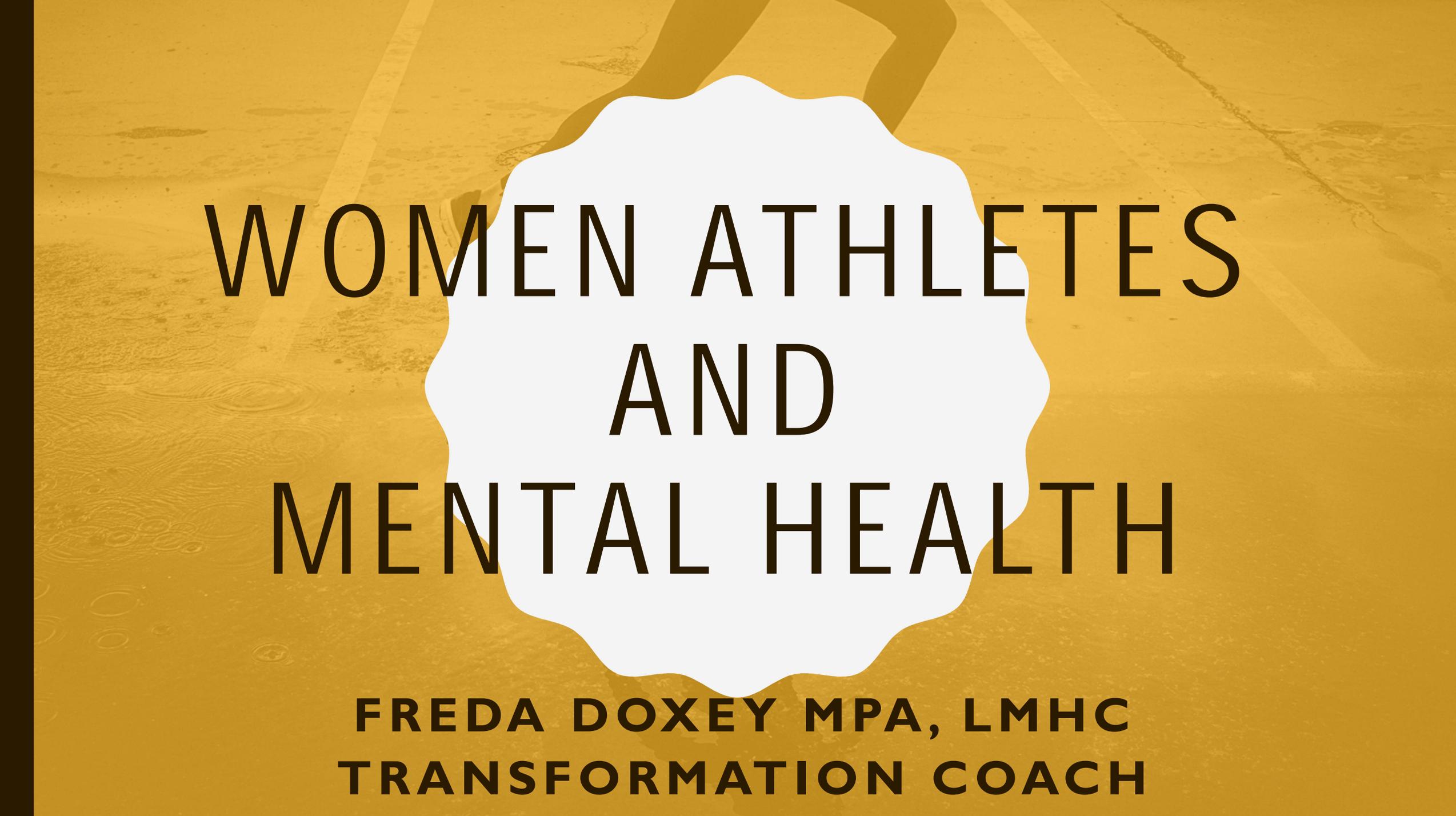
“Head Coach”

www.wisecoaching.company

Renewing Minds. Transforming Lives.

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MENTAL HEALTH**

**FREDA DOXEY MPA, LMHC
TRANSFORMATION COACH**