

# WHERE TO

A resource dedicated to student-athletes and their Life after Notre Dame.



JUNE 2023

## MENTAL WELLNESS & SAFETY NET NAVIGATION LAND PARTNER: ARRAY BEHAVIORAL CARE



Athletes are known for their greatness. At Array Behavioral Care, we know that greatness starts from within. A healthy mind is undeniably connected to a healthy body and a fulfilling life during and after sports. We also understand that life transitions can be hard, and that former student-athletes may find it difficult to admit that their mental health may not match their physical health.

We're honored to team up with Project LAND to break down the stigma and empower athletes and those who support them to prioritize their mental health and wellness.

### WHO WE ARE

Array Behavioral Care is the nation's leading virtual psychiatry and therapy practice with more than 20 years of experience. We employ a large, diverse team of licensed adult psychiatrists, psychiatric nurse practitioners, and therapists with various specialties to choose from so former student-athletes and managers can find the clinician who best suits their needs.

### WHAT WE DO

Our clinicians offer psychiatric assessments, talk therapy sessions, and medication management appointments for a variety of mental health issues including anxiety, depression, trauma, grief and loss, mood disorders, attention deficit disorder, schizophrenia, personality disorders, and more.

With appointments available seven days a week, we make it easy to get the mental health support needed, when and where it works for our patients, with convenient online video calls. Array is in-network with most major health plans and offers services across all 50 states. To see our complete list of accepted insurances, click [here](#). Many of our therapists and psychiatrists are accepting new patients and have open appointments available.

### HOW TO GET STARTED

When someone needs to talk, we can help. Getting started is quick and easy.

Simply [click here](#) to find the right clinician and book the first appointment, or call 800-442-8938 to speak with a member of our Care Navigation Team. [Watch this](#) quick explainer video or [click here](#) to learn more. Project LAND can also be contacted directly at 574-318-0722 for further assistance.

On the road to mental wellness, the first step is always the hardest. Starting the journey without knowing the destination takes guts. When ready, we're here to help former student-athletes and managers prioritize their mental health and find their greatness.

