



# HIGH SCHOOL STUDENT-ATHLETE MENTAL HEALTH INITIATIVE

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*eXDee and Legend High School announce first mental health initiative for student-athletes using student-reported outcomes and student population analytics.*

CALGARY, AB, CANADA, August 29, 2017 /EINPresswire.com/ -- \*FOR IMMEDIATE RELEASE\*

Calgary, Alberta – eXDee Limited and Legend High School (LHS) announce the first mental health initiative for high school student-athletes using student-reported outcomes and student population analytics.

eXDee is providing Marbles™ Mental Health Navigator smartphone app to volleyball, basketball and lacrosse student-athletes over the 2017-2018 academic year to aggregate, analyze and action their mental health for depression, anxiety, PTSD, insomnia and pain. eXDee also provides LHS with Thrive™ Mental Health Dashboard to acquire the Marbles™ mental health data for campus population analytics in support of those student-athletes.

Many high school students will face a mental health challenge that can interrupt their studies, affect academic performance and even impact their day-to-day lives. Post-secondary athletes can encounter the added pressures of being both a student and an athlete; with performance pressures in both school and sport, handling financial planning and options, dealing with injuries, and navigating complicated post-secondary futures while staying engaged with friends and family.

Often they struggle to get help because what can be a ruthless stigma surrounding mental health and illness in sports where they simply need 'toughen up.' This expectation can leave them silent and isolated, even from the teams and communities where they are valued members.

"This initiative will give us insights into the vulnerabilities of student-athletes, to whom we seek to invest promoting their mental wellbeing and support those struggling with a mental health concern or illness. We simply must create mentally health environments at Legend, where everyone has a part to play. That includes student-athletes, coaches and support staff, greater sport and community organizations, and the families and friends of student-athletes. We are striving to bring all these players together to help student-athletes do their best, in and out of sport, and this initiative will provide the data and insights into student mental health in unprecedented ways. It is about time we actively invest in doing so in real-time; sending a message to our students, their families and the community that we are serious about mental health. We anticipate, after assessment, bringing the initiative to all students at Legend," states Kevin Boley, Assistant Principal and Athletic Director.

"Student safety and health are key ingredients for excellence in both sports and life, but all too often sports and life for athletes gets blurred with challenging consequences. Athletics often becomes the identity, and the added pressures of that identity are uniquely challenging to athletes who don't want to let down the school or the team because the name on the front of jersey is greater than the name on the back. Having coached thousands of athletes since 1983, I can personally attest to the importance of separation in student-athletes and the value that insights can bring to support the individual, the team and even the school succeed. These pressures are often unseen, but carried in ways that can diminish performance in both the classroom and field of play. Mental health literacy is as necessary for student-athletes as sport prowess, perhaps more, because every sport is played in

the mind. Starting with flourishing student-athletes at Legend across all grades and stripes of students is an initiative that we are very proud to participate in with Legend,"states Richard LeBlanc, CEO of eXDee Limited.

#### About Legend High School:

Legend High School is a public high school in Douglas County School District RE-1. Legend's mission is the relentless pursuit to challenge, communicate, create and connect learning. Legend espouses the core values of positive intent, integrity, adaptivity and responsiveness, perseverance, hope, respect, equity, and citizenship in its student population.

#### About eXDee Limited:

Located in Calgary, Alberta, eXDee is a data and analytics company enabling people to better drive their own health with better personal health literacy to engage with others: family, community and health professionals. eXDee supports individuals and organizations with data and analytics that can result in better actions and outcomes, ameliorate crisis, and augment interventions as necessary.

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