



Coaches have felt substantial and unique pressures in their jobs over the past several years, manifesting in high levels of stress and mental exhaustion.

Similar to data from NCAA [student-athletes](#), and the [U.S. population at large](#), many coaches currently report relatively high rates of mental health difficulties. Contributing factors include pandemic-related circumstances, roster management challenges, an evolving transfer landscape, concerns about their job and athletics department budgets, and dealing with personal situations (e.g., financial worries, childcare challenges). One-third of coaches reported mental exhaustion, feelings of being overwhelmed by all they had to do, and sleep difficulties on a near-constant basis.

Coaches' Mental Health Concerns

(Percentage of NCAA Coaches Responding “Constantly” or “Most Every Day,” All Divisions)

