

LAKERS LISTEN

Lakers Listen is the official mental health platform of the GVSU Athletics Department and although it was built as a mental health platform it is truly more than that. **It's a community** and one that we encourage all student-athletes to be a part of regardless if they identify as having a "mental health issue" because maintaining our mental wellness should be a priority for everyone. **It's also a culture** that recognizes that student-athletes may experience difficult times throughout their collegiate careers and we stand with them and support them so that they can be the best version of themselves as a student, as an athlete and as a human being. We encourage support of one another by using the mantra "We Listen". Mental health, particularly among the athletic community, has been stigmatized, but GVSU is working to eliminate that stigma and build a culture of acceptance and open dialogue. We treat emotional injuries the same way we treat physical ones. Check out the [Lakers Listen website](#) for an up to date schedule of events and information. Remember to follow on Twitter @LakersListen and Instagram lakers.listen.