A RESOURCE FOR COACHES AND ATHLETIC STAFF

# Aspire Psychological Group

Child & Adolescent Therapy · Upper Saddle River, NJ

**24 HOUR CALLBACK**

## When the pressure shows up off the field, too.

You see athletes at their best and their hardest moments, often before anyone else does. Aspire Psychological Group works only with children, teens and their families, and we're here as a resource when a player's struggles go beyond what practice and encouragement can fix.

### WHAT YOU MIGHT NOTICE

- Freezes or panics in games despite strong practices
- Stomachaches, headaches or tears before competition
- Can't let go of a mistake, or is crushed by every loss
- Suddenly wants to quit something they used to love
- Pulls back from teammates or seems irritable and flat
- Struggling after an injury, being cut, or losing playing time
- Talks a lot about letting the team or their parents down

### NOT SURE HOW TO BRING IT UP?

You don't need to diagnose anything. Share what you've seen and point to a next step:

*"I've noticed the pressure seems to be getting to him lately. Have you seen that at home too? Here's a team that works with athletes and families on exactly this."*

### WHY PARTNER WITH ASPIRE

**Kids and Teens Only**

Our whole practice is built around children, teens and families. Not a general caseload.

**A Warm Handoff**

Share our info, or let us know. Our team reaches out to the family within 24 hours.

**Part of the Team**

With parent permission, we work with the adults in an athlete's life so everyone pulls in the same direction.

### HOW A REFERRAL WORKS

1. **You Share** — Hand the family this flyer, or contact us with their permission.
2. **We Reach Out** — Our team contacts the family within 24 hours. One less thing for you.
3. **Care Starts** — No waitlist. A free 10-minute call with the psychologist to see if we're a fit.

SHARED WITH YOU BY _____

YOUR LOGO OR BUSINESS CARD

*Private pay, out of network. Many families use their insurance plan's out-of-network benefits to seek reimbursement for part of the cost.*

This flyer is for educational purposes only and does not constitute professional advice or create a therapist-client relationship. For concerns about your child, please consult a qualified mental health professional.

CONNECT A FAMILY


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