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### Right Choices Archives Available September 9th 2017: Under Pressure

According to the National Alliance of Mental Illness (NAMI), nearly 1 out of every 5 American adults suffers from a variety of mental illness: anxiety, depression, bipolar disorder, schizophrenia. Many athletes are impacted by the mounted pressures to compete at a high level consistently. But when they come up short and feel a level of failure and disappointment, what can they do to minimize the risk of anxiety or depression? We need to be aware, gain clarity and have preventative means to counter the unspoken illness that goes on daily in our society, MENTAL HEALTH. Please tune-in to RI

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