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HILINSKI'S HOPE IS TEAMING UP WITH THE NCAA SPORT SCIENCE INSTITUTE TO PROMOTE MENTAL WELLNESS IN COLLEGE ATHLETICS

One year after Tyler Hilinski died by suicide, his memory fuels a movement to help others.

(January 14, 2019— Indianapolis, IN) – “This Wednesday will mark one year since our beloved Tyler died by suicide. He was a bright, spirited, and caring soul. We had no idea he was suffering. Neither did his two brothers, his family, his closest friends, teammates or coaches. To honor his life and put a spotlight on mental health among student-athletes and destigmatize mental illness, we launched Hilinski’s Hope Foundation,” said Tyler’s mom and dad, Kym and Mark Hilinski.

To best accomplish their mission, Hilinski’s Hope is partnering with the NCAA Sport Science Institute to encourage evidence-based approaches to bolster mental wellness support for NCAA student-athletes.

Brian Hainline, M.D., Chief Medical Officer for the NCAA stated, “January 16, 2018 was an incredibly sad day in college athletics as Tyler Hilinski, quarterback at Washington State University, died by suicide. Kym and Mark Hilinski founded the Hilinski’s Hope Foundation to honor Tyler’s life by working with collegiate athletic departments to promote student-athlete mental health. The NCAA Sport Science Institute is proud to partner with Hilinski’s Hope to identify effective strategies for increasing the adoption and implementation of best practices for understanding and supporting student-athlete mental wellness at all NCAA member institutions. The best practices are clearly described in the Inter-Association Consensus Document: Best Practices for Understanding and Supporting Student-Athlete Mental Wellness ([NCAA SSI, 2018](#)) and were developed and endorsed by 25 of the most prominent mental health, medical, higher education, and sports medicine organizations in the nation. Our sincere thanks go out to

Hilinski's Hope for the work they are embracing and the benefit it will have on NCAA student-athletes across the country.”

One of the NCAA's Best Practices is providing education to student-athletes and coaches related to mental health. Over the last year, Hilinski's Hope has sponsored mental health training at several universities which have included the bystander intervention program [Step UP!](#) and mental health curriculum [Behind Happy Faces](#).

To learn more about Tyler, the mission of Hilinski's Hope and to donate to the foundation please visit www.hilinskishope.org

FOR MORE INFORMATION OR TO SET UP AN INTERVIEW, PLEASE CONTACT:
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