

**Table 2***Proportions of Respondents Having Faced each Barrier*

Categories	Barriers	<i>n</i>	%
Lack of time and access	Lack of time to seek out services	65	34.4
	Services not available during my free time	29	15.3
	Difficulty finding or accessing services	28	14.9
	Lack of available services during my free time	27	14.3
	At least one Lack of time and access barrier	99	51.8
Lack of knowledge	Lack knowledge of services offered	67	35.1
	At least one Lack of knowledge barrier	67	35.1
Fear of stigma	Fear using services will have a negative impact on my sports career	12	6.3
	Fear the coaching staff will know I am using services	12	6.3
	Lack of confidentiality	7	3.7
	Fear I will be considered weak	6	3.2
	Fear of stigma for using services	5	2.6
	Fear my teammates will know I am using services	3	1.6
	Fear I will be recognized	2	1.1
	At least one Fear of stigma barrier	24	12.6
	Fear of being misunderstood	Counselor or Game Plan advisor will not understand needs of athletes	1
	Belief that “no one will understand my problems”	8	4.2
	At least one Fear of being misunderstood barrier	8	4.2