

PUERTO RICO SUSTAINABILITY CASE STUDY



Psychological Counseling Department

In 2019, the **Puerto Rico Taekwondo Federation** identified a critical need for **psychological services** within its sporting community. At the time, very few athletes had access to mental health support, and existing services were prohibitively expensive. In response, the federation partnered with **Puerto Rico's top-rated psychology institution** to establish a **Psychological Counseling Department**, offering **free, high-quality mental health support** to all stakeholders, including **athletes, coaches, referees, technicians, and parents**.

This initiative has since expanded to provide **both in-person and cyber therapy**, ensuring that individuals in remote areas can access care. Additionally, **educational workshops** are conducted to raise awareness about mental well-being, breaking down stigma and fostering a culture of psychological resilience in sport.

FOCUS AREA

Health & Well-being

KEY WORDS

- Mental health in sport
- Psychological resilience
- Athlete well-being
- Free therapy
- Sports psychology

FACTS & FIGURES

- **100+ individuals** have received psychological therapy.
- **30+ psychometric evaluations** and **20+ psychological evaluations** conducted.
- **1,000+ interventions** performed, ranging from mild to severe cases.
- **First national sports federation** in Puerto Rico to implement a **psychology department**.

IMPACTS

Since its launch, the **Psychological Counselling Department** has made significant strides in **providing accessible and effective mental health care** for the Taekwondo community. More than **100 people** have received **psychological therapy**, while **over 30 psychometric evaluations** and **20 psychological evaluations** have been conducted. The department has managed **more than 1,000 interventions**, addressing **mild to severe disorders** and significantly improving the mental well-being of participants.

By offering **free, high-quality services**, the program has not only benefited athletes but also set a **national precedent**, inspiring other federations in Puerto Rico to **incorporate mental health support** into their athlete development programs.

Resources

 [Example of how the initiative has been promoted online](#)