



Shut Out the Stigma offers a free, online educational course for parents and caregivers, coaches, clubs, directors, and schools involved in youth sports that further enhances the impact of the award-winning documentary, *Not Good Enough*. This course, created in partnership by the Kansas City Royals and Blue Cross and Blue Shield of Kansas City (Blue KC), stimulates healthy conversations that lead to more enjoyable experiences on and off the playing field. During this course, you will be guided through the documentary and offered follow-up questions while you watch the film. The course takes about 2 hours to complete, and users can create a profile and save their progress as they go. This training resource is part of our commitment to providing support for behavioral health and removing the stigma around mental health.

Visit this site to learn more: <https://www.shutoutthestigma.com/>

Sign up for the training course here: <https://www.kc-shutoutthestigma.com/>