

CANADIAN NATIONAL TEAM ATHLETE MENTAL HEALTH AWARENESS GUIDE

10 MENTAL HEALTH WARNING SIGNS*

- 1 **Feeling very sad or withdrawn** for more than two weeks.
- 2 Thoughts plans, and/or attempts of **self-harm** or **suicide**.
- 3 Severe **out-of-control**, risk-taking behaviors.
- 4 Sudden **overwhelming fear** for no reason and/or **intense worries** or fears that get in the way of daily activities.
- 5 **Not eating**, throwing up or using laxatives to lose weight; **significant weight loss or weight gain**.
- 6 Seeing, hearing or believing things **that others aren't experiencing**.



- 7 Repeatedly using **drugs** or **alcohol**.
- 8 **Drastic changes** in mood, behavior, personality or sleeping habits.
- 9 **Extreme difficulty in concentrating** or staying still.
- 10 Recurring thoughts, dreams, or distressing memories about a **stressful or traumatic event**.

WHAT YOU CAN DO?

As a Canadian National Team athlete you have access to the following resources:



IF IT'S A CRISIS,
GO TO YOUR NEAREST
EMERGENCY ROOM
OR CALL:

IF IT'S NON-URGENT,
CONTACT:

911

The 24h mental health crisis line
1-866-996-0991
crisisline.ca

The 24h Morneau Shepell hotline
1-844-240-2990

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1-844-240-2990

Your team doctor

Available as part of the Canadian Olympic and Paralympic Sport Institute Network (COPSIN)

Your Game Plan Advisor
mygameplan.ca

The Canadian Centre for Mental Health and Sport (CCMHS)

ccmhs-ccsms.ca/self-referral-form

• 613-454-1409 ext. 2090

• info@ccmhs-ccsms.ca

Your COPSIN Mental Performance Lead

Your Mental Performance Consultant

cspa-acps.com/professional-members



Always remember: You know yourself, so even if you feel a little off, be proactive and talk to someone.



GAME PLAN
PLAN DE MATCH