

Additional Mental Health Resources



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Websites:

- Canadian Olympic Committee Mental Fitness Awareness Program:
<http://olympic.ca/resources/give-your-everything-be-a-champion-for-life/>
- Canadian Mental Health Association:
www.cmha.ca
- Centre for Addiction and Mental Health:
www.camh.net
- Canadian Centre for Mental Health in Sport
<https://www.ccmhs-ccsms.ca/>

Courses:

- Mental Health First Aid:
<http://www.mentalhealthfirstaid.ca/>
- ASIST Suicide First Aid
<https://www.livingworks.net/programs/asist/>

Phone:

- Suicide hotline: 1 800 SUICIDE
- Regina Mobile Crisis Line: 306-757-0127
- Saskatoon Crisis Intervention Service: (306) 933-6200
- COC partners with Morneau-Shepell
 - Free, confidential phone counselling for national team athletes registered with the CSI Network
 - 24 hours a day, seven days a week, toll-free
 - Services are also available to national coaches by request
 - In Canada: 1-844-240-2990

Book (free):

- Suicide; The Forever Decision by Dr. Paul G. Quinnett
- <http://www.ryanpatrickhalligan.org/documents/ForeverDecision.pdf>