## CANOE KAYAK CANADA **ATHLETE MENTAL HEALTH AWARENESS GUIDE**

## 10 MENTAL HEALTH WARNING SIGNS\*















- Feeling very sad or withdrawn for more than two weeks.
- Thoughts plans, and/or attempts of self-harm or suicide.
- Severe out-of-control, risk-taking behaviors.
- Sudden overwhelming fear for no reason and/or intense worries or fears that get in the way of daily activities.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain.
- Seeing, hearing or believing things that others aren't experiencing.
- Repeatedly using drugs or alcohol.
  - Drastic changes in mood, behavior, personality or sleeping habits.



**Extreme difficulty in** concentrating or staying still.

Recurring thoughts, dreams, or distressing memories about a stressful or traumatic event.



## WHAT YOU CAN DO?

As a Canadian athlete, the following resources are available if you need support:



OR CALL:



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

IF IT'S A CRISIS,

**GO TO YOUR NEAREST** 

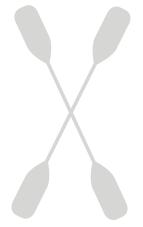
Tel-Jeunes

Call: 1 800 263 2266 Text: 514 600 1002 teljeunes.com





- **Contact your family doctor** or visit a clinic with services covered by your provincial health plan
- Reach out to someone you trust: Your parents, coaches, teachers, friends or teammates
- **Contact The Canadian Center** for Mental Health and Sport ccmhs-ccsms.ca/self-referral-form 613-454-1409 #2090 info@ccmhs-ccsms.ca



## Always remember:

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





