

CANOE KAYAK CANADA

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- 1 **Feeling very sad or withdrawn** for more than two weeks.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 athlete, the following resources are available if you need support:



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

- 911
- The 24h mental health crisis line
1-866-996-0991
crisisline.ca
- Tel-Jeunes
Call: 1 800 263 2266
Text: 514 600 1002
teljeunes.com

**IF IT'S NON-URGENT,
CONTACT:**

- **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.



**GAME PLAN
PLAN DE MATCH**
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*Canadian Centre for Mental Health and Sport