

CANADIAN NATIONAL TEAM ATHLETE MENTAL HEALTH RESOURCE GUIDE

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

In Canada:

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

- 911
- **The 24h mental health crisis line:**
Call: 1-833-456-4566 | Text: 45645
<https://www.crisisservicescanada.ca/en/>
- **The 24h LifeWorks hotline:**
Call: 1-844-240-2990

IF IT'S NON-URGENT, CONTACT:

- Your team doctor or personal doctor
- The 24h LifeWorks hotline
1-844-240-2990 (Olympic/Paralympic coaches can access this too)
- Your Game Plan Advisor:
www.mygameplan.ca
- The Canadian Centre for Mental Health and Sport (CCMHS)
Email: mentalhealth@mygameplan.ca
- Your Mental Performance Consultant

Outside of Canada, Contact:

- Team doctor
- Your Mental Performance Consultant
- Your Game Plan Advisor:
mygameplan.ca
- The Canadian Centre for Mental Health and Sport (CCMHS)
Email: mentalhealth@mygameplan.ca
- LifeWorks hotline: To access the care from outside of North America use the applicable international dialing number from that country:
<https://www.workhealthlife.com/Tools/AccessTool/EAPWorldwideAccessInfo/div/InPageDivNarrow>
- And let them know you're part of Game Plan. (Olympic/Paralympic coaches can access this too)

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



GAME PLAN
PLAN DE MATCH