

Mental Health:

Athletes are encouraged to seek out their NSO MPC/Sport Psychologist or speak with a CMO (see below for contact details) to address any mental health needs. Additional mental health support services include:

- Mental Health Leads at their CSIs/CSCs as listed above
- GamePlan - <https://mygameplan.ca/resources/health>
- CCHMS as listed below
 - Referrals can be made online, by email, or by phone:
 - Online at www.ccmhs-ccsms.ca/refer
 - By email at INFO@CCMHS-CCSMS.CA
 - Contact Poppy DesClouds, MPC, CCMHS Care Coordinator at 613-454-1409 ext. 2090

The National Sport Partners have initiated a COVID-19 Mental Health Task Group that will coordinate sharing of best practice within the community of Mental Performance Consultants (MPCs) and Sport Psychologists. National initiatives will be driven by the Task Group, if needed, in response to NSO-driven requests and needs. For more information speak to your NSO or COPSIN MPC/Sport Psychologist or Chief Medical Officer.