

CANADIAN NATIONAL TEAM ATHLETE MENTAL HEALTH RESOURCE GUIDE

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

Canada:

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

- Your team doctor or personal doctor
- 911
- **The 24h mental health crisis line**
1-866-996-0991 (crisisline.ca)
- **The 24h Morneau Shepell hotline**
1-844-240-2990

IF IT'S NON-URGENT, CONTACT:

- Your team doctor or personal doctor
- The 24h Morneau Shepell hotline
1-844-240-2990 (Olympic/Paralympic coaches can access this too)
- Your Game Plan Advisor: mygameplan.ca
- The Canadian Centre for Mental Health and Sport (CCMHS)
ccmhs-ccsms.ca/self-referral-form OR
613-454-1409 ext. 2090 OR info@ccmhs-ccsms.ca
- Your Mental Performance Consultant

Outside of Canada, contact:

- Team doctor or personal doctor
- Your mental performance consultant
- Your Game Plan Advisor: mygameplan.ca
- The Canadian Centre for Mental Health and Sport (CCMHS)
ccmhs-ccsms.ca/self-referral-form OR
613-454-1409 ext. 2090 OR
info@ccmhs-ccsms.ca
- Morneau Shepell 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