



Supporting an Athlete

Know how to respond when you see help seeking behaviours



Recognize	Respond	Refer	Report
<p>Remember</p> <ul style="list-style-type: none"> Any one sign does not necessarily indicate serious distress Several signs and changes may indicate mental health concerns Potentially extreme or sudden 	<p>Open the Door</p> <ul style="list-style-type: none"> "I've noticed you haven't been as enthusiastic during practice lately, is everything okay?" "When you said _____, I thought that didn't sound like you and I'm concerned." "You've missed a few practices lately, and seem to be worried about school." 	<p>Your Role</p> <ul style="list-style-type: none"> You can act as a resource by connecting the athlete with professional or community supports when more help is needed Speak with parents to ensure everyone is on board Allow athlete and parents to choose and empower them to get support 	<p>Limits and Safety</p> <ul style="list-style-type: none"> Be clear on your reporting structure prior to having any conversation Report athletes of concern on a need to know basis Reporting to your sport organization can remove the personal pressure or burden of being this athlete's "only support"
<p>Notice changes in any of the following:</p> <ul style="list-style-type: none"> Emotional control Social difficulties Tired appearance Appetite/weight changes Isolation from friends/family Level of substance use Academic concerns 	<p>Listen & Reassure</p> <ul style="list-style-type: none"> "I cannot imagine what you are going through, but I'm here to support you." "What else?" It sounds like you are frustrated with _____, is that right?" 	<p>Empower</p> <ul style="list-style-type: none"> "I can recommend a few resources that others have used which would be helpful." "What do you folks need right now in terms of support?" "This is important" – which is why we need extra help." 	<p>Self Care</p> <ul style="list-style-type: none"> Be honest with yourself about how much time and effort you are able to spend helping Reflect on your own needs and seek support for yourself You cannot control how your athlete or their family will respond or make decisions
<p>Be Proactive</p> <ul style="list-style-type: none"> Don't wait and see if it passes – check in with the athlete It's OK to be nosy – show interest by asking questions 	<ul style="list-style-type: none"> "I'm sorry you're going through this. This sounds really tough." "Thank you for telling me." "You are not alone – many athletes experience similar problems. We can figure out how you're going to get through this" 	<p>Boundaries</p> <ul style="list-style-type: none"> You can reach out and follow up by offering to chat, but respect boundaries and privacy once you have alerted to the concern Only exception to this is when the situation is an emergency 	<p>CCMHS Referral</p> <ul style="list-style-type: none"> You aren't alone and don't need to have all the answers Available Across Canada ccmhs-ccsms.ca



Resource Guide

Resources depending on level of need



Everyday stress	Mild	Moderate	Complex
<p>Notice</p> <ul style="list-style-type: none"> • Experience positive mental health often, a sense of belonging and feels equipped with coping strategies to manage life's highs and lows. • Occasional difficulties responding to academic, personal, social financial or health issues. 	<p>Notice</p> <ul style="list-style-type: none"> • Experiences mental health challenges or levels of distress that often impact functioning, including: <ul style="list-style-type: none"> ◦ Academics ◦ Social interactions ◦ Emotional control ◦ Physical indicators 	<p>Notice</p> <ul style="list-style-type: none"> • Significant functional impairment • Frequent mental health challenges • Levels of distress that have a greater impact on daily functioning, academics and relationships. 	<p>Notice</p> <ul style="list-style-type: none"> • Complex mental health challenges • Severe limitations on daily functioning • Requires specialized care, a treatment plan and/or monitoring • In many cases there is already an established circle of care (team of professionals/supports involved). Get informed on who to reach out to if the need arises.
<p>Information, Awareness, Self-Help, Education, and Skills Building:</p> <ul style="list-style-type: none"> • Bridge the gapp • Wellness Together Canada • Bounce Back • Well Central • Pride PEI • PEI Trans Network • PEERS Alliance • BIPOC USHR • Black Culture Society of PEI • Mi'kmaq Confederacy of PEI • CAMH 	<p>Early Intervention</p> <ul style="list-style-type: none"> • Mental Health and Addictions Patient Navigator <ul style="list-style-type: none"> ◦ MHApatientnavigator@ihis.org ◦ 902-218-3289 • Kids Help Phone 1-800-668-6868 • Trans Lifeline CA 1-877-330-6366 • Student Well Being Teams • Strongest Families • ResourceAbilities • Resources for Post Secondary students (UPEI, Holland College) 	<p>Coordinated Care</p> <ul style="list-style-type: none"> • Mental Health & Addictions Phone Line 1-833-553-6983 • Mental Health Walk-in Clinics • PEI Rape & Sexual Assault Centre • Youth & Family Addiction Services • INSIGHT - Youth Mental Health Day Treatment (age 13-18) • Behavioural Support (age 4-12) <p style="text-align: center;">If uncertain - call 2-1-1 pe.211.ca</p>	<p>Emergency Resources</p> <ul style="list-style-type: none"> • You see or hear direct or indirect reference to suicide: <ul style="list-style-type: none"> ◦ "I just want the pain to end." ◦ "I don't think I can do this anymore." ◦ "I just need to end it all." • Threatening, violent or destructive behaviour • Athlete is incoherent or out of touch with reality • The situation feels unsafe
<p>Follow up:</p> <p>If appropriate, check in to see if the athlete has accessed support. Remind the athlete that your door is always open.</p>	<p>Follow Up</p> <ul style="list-style-type: none"> • Keep your Sport Organization informed • Submit a CCMHS Referral 	<p>Follow Up</p> <ul style="list-style-type: none"> • Keep your Sport Organization informed • Submit a CCMHS Referral 	<p>Immediate action is required.</p> <ul style="list-style-type: none"> • CALL 9-1-1 • Island Helpline 1-800-218-2885 • Go to nearest Hospital Emergency Department