



MENTAL WELLNESS RESOURCES

Version on March 10, 2023

EMERGENCY SERVICES

Services available if you or someone you know is in crisis:

- Emergency Services: call 911 or go to your local hospital Emergency Room
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
<https://www.hopeforwellness.ca/> (Available 24 hours)
- eMentalHealth.ca – access to community mental health services including crisis lines:
<https://www.ementalhealth.ca>
- Kids Help Phone – Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.
 - Call 1-800-668-6868 (toll-free)
 - text CONNECT to 686868.
 - Website: <https://kidshelpphone.ca/urgent-help>

CYCLING CANADA MENTAL HEALTH CONTACTS

If you are seeking a referral to a Sport Psychiatrist, please reach out to a Cycling Canada physician:

- Dr. Andre Lui (BC, Lead) drandrelui@gmail.com
- Dr. Pdraig McCluskey (BC) pmclluskey@csipacific.ca
- Dr. Pauline Sawicki (AB) psiwicki@csicalgary.ca
- Dr. Wade Elliott (ON) esmmd@outlook.com
- Dr. Philippe Gariépy (QC) philippe_gariepy@yahoo.ca

You may also reach out to Mental Performance Consultants working with Cycling Canada:

- Dr. Sharleen Hoar, CMPC (Lead) shoar@csipacific.ca
- Dr. Val Hadd, MPC vhadd@cyclingcanada.ca
- Dr. Nicole Forrester, MPC nicole.forrester@olympian.org
- Frank van den Berg, MPC fvdberg@csicalgary.ca

ADDITIONAL MENTAL HEALTH RESOURCES AVAILABLE TO ATHLETES

Game Plan

- Website: <https://www.mygameplan.ca/about/eligibility-benefits>
- Contact mentalhealth@mygameplan.ca
- This inbox is monitored by a third party organization. Game Plan does not receive your personal health information, or know your identity.

- A conversation with the Mental Health Coordinator and a screening questionnaire help match you with a practitioner or team who can meet your needs. Who you work with is up to you!
- Game Plan will cover up to \$2500 towards care per sport fiscal year (April – March), up to two years post APP carding.

Canadian Centre for Mental Health in Sport (CCMHS):

- Website: <https://www.ccmhs-ccsms.ca/>
- Contact care@ccmhs-ccsms.ca
- This inbox is monitored by a third party organization.
- A conversation with the Mental Health Coordinator and a screening questionnaire help match you with a practitioner or team who can meet your needs. Who you work with is up to you!
- You are eligible for up to \$1,000 towards care per calendar year (if you have been an AAP Carded athlete).

Canadian Sport Psychology Association (CSPA)

- Website: <https://cspa-acps.com>
- The CSPA has a directory of Mental Performance Consultants and Registered Mental Health Providers (see professional members) who specialize in sport

LifeWorks

- Website: teamcanada.lifeworks.com
- Username: TeamCanada; Password: lifeworks
- Official Mental Health Partner of Canadian Olympic Committee
- Free access to a 24/7 helpline (1-844-240-2990), short-term counselling, self-directed mental health programs, group therapy, and mental health maintenance tools.

COMMUNITY CLINICAL CARE RESOURCES

There are many individuals within your local community who can assist with your transition from training within the high performance DTE. Please inquire about sliding fee rates with each professional. Please look into coverage for counselling through your family's Employee Assistance Program (EAP) or Extended Health Benefits Plan or your athlete benefits.

You may find practitioners through online search using the following term(s):

- Mental health support & [province]
- Counseling & Clinical psychology & [province]
- Native Counseling & [province]
- College of [province] psychologists
- College of [province] social workers
- How to find a counselor

SELF-CARE RESOURCES

[Walkalong - Resources to support your wellbeing, improve resilience, monitor progress, and record your thoughts](#)

[Anxiety Canada - Resources to manage anxiety including how to relax and strategies for managing unhelpful ways of thinking](#)

[Antidepressant Skills Workbook - Strategies to manage depression and change patterns that trigger depression](#)

[Centre for Clinical Interventions Modules: What? Me Worry!?! - Information & strategies to manage worrying and anxiety](#)

[Centre for Clinical Interventions Modules: Improving Self-Esteem- Information & strategies to manage low self-esteem](#)

[Centre for Clinical Interventions Modules: Facing Your Feelings: Strategies to manage distressing feelings more effectively](#)

[Centre for Clinical Interventions Modules: Assert Yourself! -Information & strategies to develop assertiveness skills](#)

[Centre for Clinical Interventions Modules: Panic Stations- Information & strategies to manage panic attacks and anxiety](#)

[Centre for Clinical Interventions Modules: Perfectionism in Perspective- Strategies to manage perfectionism](#)

[Centre for Clinical Interventions Modules: Put Off Procrastinating! - Information & strategies to manage procrastination](#)

[Centre for Clinical Interventions Modules: Shy No Longer- Information & strategies to manage shyness and social anxiety](#)

[Centre for Clinical Interventions Modules: Back From the Bluez- Information and strategies for managing mood](#)

[Bounceback - Cognitive behavioural therapy self-help for depression; online program with phone coaching. Physician referral needed](#)

[Mindfulness Based Stress Reduction - Strategies and skills for coping with stress](#)

[Thrive RU Workbook - Workbook for self-care](#)

[Self-Compassion - Guided meditations and exercises](#)

[Calm app - Meditation and Sleep Stories](#)

[Headspace app - Anxiety management & mindfulness](#)

[Mindshift app - Anxiety management through anxietybc.com](#)

[Stop, Breathe, Think: Meditation app - Mindfulness](#)

[Boosterbuddy app - Self-care, time management/organization, cognitive strategies](#)

[Forest app - Focus & productivity](#)

[Bipolar Wellness Centre - Self-help website for people experiencing bipolar symptoms](#)