

CONTINUUM OF MENTAL HEALTH INDICATORS AND RESOURCES

	Healthy	Reacting	Injured	III
MENTAL HEALTH INDICATORS	<ul style="list-style-type: none"> • Normal fluctuations in mood • Normal sleep patterns • Physically well, full of energy • Consistent performance • Normal social activity 	<ul style="list-style-type: none"> • Occasional anxiety, irritability or sadness • Increased worrying, procrastination, forgetfulness • Trouble sleeping • Lowered energy • Decreased social / physical activity 	<ul style="list-style-type: none"> • Anxiety, anger, pervasive sadness, hopelessness • Restless or disturbed sleep • Fatigue, aches, and pains • Decreased performance, presenteeism • Social avoidance or withdrawal 	<ul style="list-style-type: none"> • Excessive anxiety, easily enraged, depressive mood • Unable to fall or stay asleep • Exhaustion, physical illness • Unable to perform duties, absenteeism • Isolation, avoiding social events
ACTIONS TO TAKE	<ul style="list-style-type: none"> • Focus on task at hand • Break problems into manageable chunks • Identify and nurture support systems • Maintain healthy lifestyle 	<ul style="list-style-type: none"> • Recognize limits • Get adequate rest, nutrition, and exercise • Engage in healthy coping strategies • Identify and minimize stressors 	<ul style="list-style-type: none"> • Identify and understand own signs of distress • Talk with someone • Seek help • Seek social support instead of withdrawing 	<ul style="list-style-type: none"> • Seek consultation as needed • Follow health care provider recommendations • Regain physical and mental health
WHO CAN HELP	<ul style="list-style-type: none"> • Your Game Plan Advisor • Mental Performance Consultant (MPC) 	<ul style="list-style-type: none"> • MPC • Counsellor / Psychotherapist • Your Game Plan Advisor 	<ul style="list-style-type: none"> • Counsellor / Psychotherapist • Social Worker • Clinical / Registered Psychologist • Medical doctor (e.g., Team physician, family physician, psychiatrist) 	<ul style="list-style-type: none"> • Counsellor / Psychotherapist • Social Worker • Clinical / Registered Psychologist • Psychiatrist
RESOURCES AVAILABLE	<p>Lifeworks* WorkLife Services</p> <ul style="list-style-type: none"> • Family support services • Naturopathy • Nutrition • Legal consultation • Financial • Health coaching • Career Counselling <p><small>*Formerly Morneau Shepell</small></p>	<p>Lifeworks Counsellor Network (call 1.844.240.2990 to get started)</p> <ul style="list-style-type: none"> • Telephone, video, in-person <p>Lifeworks alternative counselling modalities:</p> <ul style="list-style-type: none"> • <u>App-based counselling & personalized resources (My Migo)</u> • <u>E-counselling (online written exchanges with a counsellor)</u> • <u>First Chat (chat with a counsellor instantly)</u> • Online, self-directed • Online group counselling 	<p>Connect with a mental health practitioner who knows sport:</p> <p>Email the Mental Health Network coordinator: mentalhealth@mygameplan.ca</p> <ul style="list-style-type: none"> • Confidential • Secure • \$1000 of coverage** <p><small>**Available to athletes only</small></p>	<p>If it's an emergency:</p> <ul style="list-style-type: none"> • <u>Crisis Services Canada 24-hour line:</u> Call: 1-833-456-4566 / Text: 45645 • Lifeworks hotline: 1.844.240.2990 • 9-1-1 <p>If it's not an emergency:</p> <p>Email the Mental Health Network coordinator: mentalhealth@mygameplan.ca</p> <ul style="list-style-type: none"> • Confidential • Secure • \$1000 of coverage**

Not sure which services / resources are right for you? Connect with your **Game Plan Advisor** for help!



GAME PLAN
PLAN DE MATCH