



Canada's Athlete Wellness Program

For National Team Athletes**, Olympians and Paralympians



Health

- Mental Health support and education is available to all athletes who need it. Please refer to our website for details on resources and tools available to you.
- Confidential immediate support through LifeWorks (formerly Morneau Shepell) 24/7 helpline **+1 (844) 240-2990**. Access to phone, chat, and email support is available, as well as in-person counselling sessions with a professional counselor near you <http://workhealthlife.com/gameplan>. This service is 100% FREE. *Limited number of sessions per athlete.
- Access to mental health practitioners experienced in sport with up to \$1000 of coverage per athlete: mentalhealth@mygameplan.ca.



Skill Development

- Game Plan Day in Canada: career skill building tools developed in partnership with Deloitte.
- Attend regional workshops on everything from managing your personal finances and public speaking to entrepreneurship, seeking sponsorship, and more!
- The Game Plan Mentorship* program pairs athletes with an alumnus mentor in their field of interest. Mentees meet with their respective mentors throughout the year to discuss career strategies, develop new perspectives, and expand their professional networks.



Education

- Access Athlete Assistance Program (AAP) tuition support.
- Full scholarships are available to attend full-time, short term, or online business programs at the prestigious Smith School of Business at Queen's University.
- Find out which universities in Canada support active athletes with academic flexibility by checking out the [Game Plan Education Network](#).
- PAPER supports your education journey with live-chat tutoring and essay reviews. EdX offers free online classes.



Community

- Game Plan networking events run regionally throughout the year. Don't miss your chance to network with business professionals, industry leaders and alumni.
- Join our network: Go to LinkedIn and search "[Game Plan Network](#)" to stay connected to current athletes and alumni!



Career

- Schedule a meeting with your [Game Plan Advisor](#) for career exploration, resume building and interview skills support.
- Consider a job shadow, internship, flexible part-time or full-time opportunity through the [Game Plan Employer Network](#).

Contact your Game Plan Advisor today to create an individualized "Game Plan" for both during and beyond your high performance career.

Follow us on social media



*For more information, please visit mygameplan.ca or contact info@mygameplan.ca

** National teams only include Olympic, Paralympic, Pan Am and ParaPan Am sports