











SELF-DIRECTED RESOURCES

MENTAL HEALTH APPS

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|---|--|---|---|--|
|  MindShift CBT anxiety relief, mindfulness |  Headspace breathing, relaxation, focus |  Healthy Minds problem-solving, mood tracker, journaling, coping |  Calm mindfulness, relaxation, meditation |  CBT-i Coach sleep, self-guided CBT |
|  Smiling Minds mindfulness, relaxation, meditation |  Oak mindfulness |  Sleep Cycle sleep monitoring, journaling |  Womaze self-care, mental health, personal growth |  Bloom self-guided CBT |

SPORT INFORMED CARE

All Sport Canada carded athletes, non-carded national team athletes, and national team-level coaches are eligible for up to \$2500/year of mental health support. Contact mentalhealth@mygameplan.ca to reach the Mental Health Network Coordinator for confidential service.



If you are looking for sport-informed care you can access resources and fee-for-service therapy at the **Canadian Centre for Mental Health in Sport (CCMHS)**.

National Team athletes affiliated with CSIO, whether carded or not, have access to a Game Plan Advisor at CSIO. Please contact gameplan@csiontario.ca for more information.

Athletes at all levels can reach out to inquire if they are eligible for a Mental Health Wellness Check with a Mental Health Practitioner at CSIO. To access this service, please connect with the Sport Medicine Coordinator at sportmedicine@csiontario.ca.

SELF-HELP RESOURCES

GAME PLAN RESOURCES

- Athletes can find self-directed sport-informed resources for mental health on the Game Plan website: Game Plan - Resources for athletes from career, education, skill development and health

ANXIETY

- Anxiety Canada - Resources to manage anxiety including how to relax and strategies for managing unhelpful ways of thinking
- What? Me Worry!?! - Information & strategies to manage worrying and anxiety
- Assert Yourself! - Information & strategies to develop assertiveness skills
- Panic Stations- Information & strategies to manage panic attacks and anxiety
- Shy No Longer- Information & strategies to manage shyness and social anxiety

PERFECTIONISM

- Perfectionism in Perspective- Strategies to manage perfectionism
- Put Off Procrastinating!- Information & strategies to manage procrastination

MOOD

- Back From the Bluez- Information and strategies for managing mood
- Antidepressant Skills Workbook - Strategies to manage depression and change patterns that trigger depression
- Bipolar Disorder Self-Help Resources - Information Sheets (health.wa.gov.au)
- Centre for Clinical Interventions Modules: Improving Self-Esteem- Information & strategies to manage low self-esteem
- Bipolar Wellness Centre - Self-help website for people experiencing bipolar symptoms
- Centre for Clinical Interventions Modules: Facing Your Feelings: Strategies to manage distressing feelings more effectively

SLEEP

- Getting a Good Night's Sleep
- CBT for Insomnia
- Insomnia and Mindfulness apps are also recommended, particularly:
 - CBT-i Coach on the App Store (apple.com)
- For dealing with Travel and Jet Lag, check out: Jet Lag Rooster by Sleepopolis, CSIO Jet Lag Management Strategies, CSIO Nap Pod!

TIP:

All the listed resources are live website links! Click on the line to be redirected to the resource.

SELF-HELP RESOURCES

RED-S, EATING DISORDERS AND BODY IMAGE

- Eating Disorders Self-Help Resources - Information Sheets & Workbooks
- Building Body Acceptance (Body Dysmorphia) Self-Help Resources
- Appearance Overconcern Self-Help Resources - Information Sheets, Worksheets & Workbooks
- Body Brave - providing accessible eating disorder treatment and support and community training and education
- NEDIC - National Eating Disorder Information Centre
- Sheena's Place - offers free support groups on a range of topics related to disordered eating and eating disorders
- #TRAINBRAVE - athlete-focused disordered eating and eating disorder resources

ADDICTIONS

- Connex Ontario or *211 or text CONNEX to 247247
- Breaking Free Online | Recovery Program for Alcohol & Drugs

MISCELLANEOUS

- Mindfulness Based Stress Reduction - Strategies and skills for coping with stress
- Self-Compassion - Guided meditations and exercises
- Cultivate Your Happiness: A ThriveRU Weekly Workbook
- Walkalong - Resources to support your wellbeing, improve resilience, monitor progress, and record your thoughts
- Tips for ADHD: Adults with ADHD Self Help Resource Pack June 2017.pdf
- ADHD Self-help overview & Tips.pdf
- Boosterbuddy app - Self-care, time management/organization, cognitive strategies
- Forest app - Focus & productivity

MINDFULNESS

- Learn Mindfulness Meditation | Centre for Mindfulness Studies in Toronto
- Mindfulness Everyday
- See also Mental Health Apps

OTHER MENTAL HEALTH INFORMATION SOURCES AND SUPPORTS

- CMHA - CMHA Ontario
 - Hope & Me support groups for various mental health concerns
- Be There - Be There - Mental health support
 - How to have difficult conversations and support others

THERAPY RESOURCES

PUBLIC/OHIP-COVERED REFERRALS

The following resources will link you with mental health practitioners that are covered by OHIP and can be found online or through your family doctor or sport medicine doctor.



PUBLIC/OHIP-COVERED RESOURCES:

Note: These resources are not sport-informed.

- Ontario Structured Psychotherapy (OHIP covered therapy by District)
 - This is individualized, evidence-based therapy for a wide variety of concerns. Depending on the district where you live in Ontario, you can either self-refer or get your doctor to refer you using online referral forms. Look online for an Ontario Structured Psychotherapy program in your catchment area (e.g. CAMH or York Region)
- Bounceback - Cognitive behavioural therapy self-help for depression; online program with phone coaching. Physician referral needed
- Most major community hospitals have Mental Health Departments with a multidisciplinary team (psychiatry, nurse, social workers, psychologists)
 - Wait times exist for most of these programs but they vary
 - Often have focused group therapy programs
 - Care provided based on catchment area (your postal code)
 - Some places offer MD-to-MD consults for your doctor to speak with psychiatry to speed up the process of medication consultation

THERAPY RESOURCES

PSYCHIATRIC CARE (OHIP-COVERED)

Psychiatrists are medical doctors, covered under OHIP in Ontario. Some will only provide consultation wherein they will assess, diagnose, and treat mental health disorders with medication. A small proportion of them will do follow-up care or therapy as well. You can explore this as an option if interested.



In Ontario, your primary care provider (e.g., family doctor, nurse practitioner) or Sports Medicine doctor has to refer you for psychiatric assessment. Often, these assessments have a wait time but there are some places where family doctors can just ask to consult with a psychiatrist in order to feel comfortable with prescribing psychiatric medications to you themselves. Ask your doctor for a referral to the psychiatrist or community hospital nearest to where you live.

You can also seek out support from a psychiatrist or GP Psychotherapist (a doctor covered under OHIP that provides psychotherapy) using the following links (a referral from your doctor may still be required).

PSYCHIATRIC CARE/MEDICAL PSYCHOTHERAPY RESOURCES:

Note: These resources are not sport-informed.

- CouchMD
- MDPAC - Medical Psychotherapy Association of Canada

There may also be sport-informed psychiatrists that you can contact to see if they are taking new athletes. Please inquire with sportmedicine@csiontario.ca for updated names and contacts.

THERAPY RESOURCES



PRIVATE REFERRALS

These resources will lead you to a list of therapists in Ontario that are Fee-for-Service. You can 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/Private Insurance Plan, or your athlete/coach benefits.

PRIVATE THERAPY RESOURCES:

Note: These therapists are not usually sport-informed. Please research and connect with the practitioner of your choice.

- Ontario Psychological Association Referral Service
- Ontario Association of Social Workers
- Find a Registered Psychotherapist – College of Registered Psychotherapists of Ontario
- Betterhelp Network
- MindBeacon
- AbilitiCBT

AFTER HOURS AND CRISIS SUPPORTS

- If you need help in an emergency or are in crisis:
 - visit your local emergency department or call 911
 - contact a distress centre in Ontario near you
 - Distress Centres - Toronto, Mississauga, Brampton, Scarborough, Durham, Halton Region (from Crisis Resources | CAMH)

- Canada-wide Crisis Line: 1-833-456-4566 or Text 45645
- Kids Help Phone: 1-800-668-6868 or Text CONNECT to 686868 or kidshelpphone.ca
- First Nations and Inuit Hope for Wellness Help Line: 1.855.242.3310 <https://www.hopeforwellness.ca/> (Available 24 hours)