



# MENTAL HEALTH 101: HIGH-PERFORMANCE ATHLETES

A foundational educational resource in alignment with the Mental Health Strategy for High Performance Sport in Canada



## WORKSHOP OBJECTIVES

Increase athletes' knowledge of mental health and mental illness in the sport context

Build athletes' self-awareness and understanding of the determinants of their mental health

Increase athletes' comfort in responding to their and other's mental health needs

Offer athletes tangible tools, resources, and strategies to support their well-being

Mental Health 101 provides foundational information on the intersection of mental health, mental illness, and mental performance. This workshop is meant to highlight how sport can impact mental health and experiences of mental illness, as well as highlight the role of coaches, athletes, and IST members in maintaining and supporting mental health.

 2 hours

 Live (virtual or in-person)

