

# CONTINUUM OF MENTAL HEALTH INDICATORS AND RESOURCES

|                          | Healthy  | Reacting  | Injured  | III  |
|--------------------------|--|---|--|--|
| MENTAL HEALTH INDICATORS | <ul style="list-style-type: none"> <li>• Normal fluctuations in mood</li> <li>• Normal sleep patterns</li> <li>• Physically well, full of energy</li> <li>• Consistent performance</li> <li>• Normal social activity</li> </ul>  | <ul style="list-style-type: none"> <li>• Occasional anxiety, irritability or sadness</li> <li>• Increased worrying, procrastination, forgetfulness</li> <li>• Trouble sleeping</li> <li>• Lowered energy</li> <li>• Decreased social / physical activity</li> </ul>   | <ul style="list-style-type: none"> <li>• Anxiety, anger, pervasive sadness, hopelessness</li> <li>• Restless or disturbed sleep</li> <li>• Fatigue, aches, and pains</li> <li>• Decreased performance, presenteeism</li> <li>• Social avoidance or withdrawal</li> </ul>   | <ul style="list-style-type: none"> <li>• Excessive anxiety, easily enraged, depressive mood</li> <li>• Unable to fall or stay asleep</li> <li>• Exhaustion, physical illness</li> <li>• Unable to perform duties, absenteeism</li> <li>• Isolation, avoiding social events</li> </ul>  |
| ACTIONS TO TAKE          | <ul style="list-style-type: none"> <li>• Focus on task at hand</li> <li>• Break problems into manageable chunks</li> <li>• Identify and nurture support systems</li> <li>• Maintain healthy lifestyle</li> </ul>   | <ul style="list-style-type: none"> <li>• Recognize limits</li> <li>• Get adequate rest, nutrition, and exercise</li> <li>• Engage in healthy coping strategies</li> <li>• Identify and minimize stressors</li> </ul>  | <ul style="list-style-type: none"> <li>• Identify and understand own signs of distress</li> <li>• Talk with someone</li> <li>• Seek help</li> <li>• Seek social support instead of withdrawing</li> </ul>  | <ul style="list-style-type: none"> <li>• Seek consultation as needed</li> <li>• Follow health care provider recommendations</li> <li>• Regain physical and mental health</li> </ul>  |
| WHO CAN HELP             | <ul style="list-style-type: none"> <li>• Your Game Plan Advisor</li> <li>• Mental Performance Consultant (MPC)</li> </ul>  | <ul style="list-style-type: none"> <li>• MPC</li> <li>• Counsellor / Psychotherapist</li> <li>• Your Game Plan Advisor</li> </ul>   | <ul style="list-style-type: none"> <li>• Counsellor / Psychotherapist</li> <li>• Social Worker</li> <li>• Clinical / Registered Psychologist</li> <li>• Medical doctor (e.g., Team physician, family physician, psychiatrist)</li> </ul>   | <ul style="list-style-type: none"> <li>• Counsellor / Psychotherapist</li> <li>• Social Worker</li> <li>• Clinical / Registered Psychologist</li> <li>• Psychiatrist</li> </ul>  |
| RESOURCES AVAILABLE      | <p><b>LifeWorks WorkLife Services</b><br/>Go to <a href="http://teamcanada.lifeworks.com">teamcanada.lifeworks.com</a> and enter the credentials below:</p> <ul style="list-style-type: none"> <li>• Username: TeamCanada</li> <li>• Password: lifeworks</li> </ul> <p>LifeWorks offers support with mental, financial, physical and emotional wellbeing. Whether you have questions about handling stress, parenting and child care, managing money, or health issues, you can turn to LifeWorks for a confidential service that you can trust.</p> | <p><b>LifeWorks Counsellor Network</b><br/>LifeWorks Care Access Centre - Professional EAP Counselling Services Available 24/7, 365 days a year.</p> <ul style="list-style-type: none"> <li>• Call 1.844.240.2990</li> </ul> <p>Clinical Services are delivered through various modalities such as Face-to-Face, Telephone, Video, Chat/Instant Messaging, Online Group Counselling, or Self-Directed. <a href="#">Book services online</a></p> <p><a href="#">AbilitiCBT App</a></p> | <p><b>Download the Lifeworks app or go to <a href="http://teamcanada.lifeworks.com">teamcanada.lifeworks.com</a> and enter the credentials below:</b></p> <ul style="list-style-type: none"> <li>• Username: TeamCanada</li> <li>• Password: lifeworks</li> </ul> <p><b>Connect with a mental health practitioner who knows sport:</b><br/>Email the Mental Health Coordinator: <a href="mailto:mentalhealth@mygameplan.ca">mentalhealth@mygameplan.ca</a></p> <ul style="list-style-type: none"> <li>• Confidential</li> <li>• Secure</li> <li>• \$2500 of coverage / year</li> </ul> <p><a href="#">What to expect</a></p> | <p><b>If it's an emergency:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Crisis Services Canada</a> 24-hour line: Call: 1-833-456-4566 / Text: 45645</li> <li>• Lifeworks hotline: 1.844.240.2990</li> <li>• 9-1-1</li> </ul> <p><b>If it's not an emergency:</b></p> <p>Email the Mental Health Coordinator: <a href="mailto:mentalhealth@mygameplan.ca">mentalhealth@mygameplan.ca</a></p> <ul style="list-style-type: none"> <li>• Confidential</li> <li>• Secure</li> <li>• \$2500 of coverage / year</li> </ul> |

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



**GAME PLAN**  
**PLAN DE MATCH**