



# MENTAL HEALTH 101: HIGH-PERFORMANCE COACHES

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



## WORKSHOP OBJECTIVES

Enhance coaches' knowledge of, and comfort with, mental health, mental illness, and mental performance

Enhance coaches' understanding of how mental health impacts high-performance sport experiences / outcomes, and vice versa

Clarify coaches' duty of care and role when it comes to supporting athletes' mental health

Increase coaches' comfort in noticing and addressing distress and responding to mental health needs

Provide tools and strategies to help coaches to better support their own and athletes' mental health

Mental Health 101 for High-Performance Coaches provides fundamental information on the intersection of mental health, mental illness, and mental performance. The workshop highlights how high-performance sport can impact mental health and experiences of mental illness, and clarifies the role of coaches in maintaining and supporting mental health.

 2 hours

 Live (virtual or in-person)

 Receive 2.0 Professional Development Credits

