

Athlete Mental Health Resources List

For Coaches: Building a Safe Environment

- **Coaching Association of Canada (CAC) - Mental Health in Sport**
 - **Website:** coach.ca
 - **Resource Focus:** Free eLearning modules to help coaches identify mental health challenges and manage athlete burnout.
- **Canadian Centre for Mental Health and Sport (CCMHS)**
 - **Website:** ccmhs-ccsms.ca
 - **Resource Focus:** Mental health tracking tools and sport-specific psychological support networks.
- **ViaSport British Columbia**
 - **Website:** viasport.ca
 - **Resource Focus:** BC-specific guidelines connecting physical literacy with mental well-being and provincial safe sport standards.

For Parents: Supporting Your Athlete At Home

- **BC Children's Hospital - Kelty Mental Health Resource Centre**
 - **Website:** keltymentalhealth.ca
 - **Resource Focus:** Parent guides, toolkits, and podcasts specifically addressing youth sports stress, anxiety, and disordered eating.
- **Foundry BC**
 - **Website:** foundrybc.ca
 - **Resource Focus:** Free, confidential virtual counseling, peer support, and self-care apps tailored specifically for BC youth and families.
- **Respect in Sport Program**
 - **Website:** respectinsport.com
 - **Resource Focus:** The official parent and activity leader education modules focused on preventing bullying, abuse, harassment, and discrimination.
- **Softball BC Safe Sport Portal**
 - **Website:** softball.bc.ca
 - **Resource Focus:** Provincial reporting tools, codes of conduct, and disciplinary frameworks for safeguarding emotional safety on the diamonds.
- **988 Suicide Crisis Helpline**
 - **Website:** 988.ca
 - **Resource Focus:** Immediate, 24/7 confidential call or text support available across Canada for anyone experiencing an emotional crisis.

