

Coach-Team Address

“Mental Health is really important to me, and to our team. An athlete struggling alone with a mental health problem can significantly impact our team’s performance. Being a team means being a family. We look out for one another, and have each other’s backs. I want you all to know you can talk to me whenever you feel like it, any of the [list team allies] and you can talk to each other; because mental health problems are not something to be ashamed of; they are not a weakness, but they do require support— and that’s what we’re all here for. Each of you has a responsibility to RAR (Recognize, Approach and Refer).”

“Recognize – lookout for signs in your teammates which can include:

- isolation
- have panic / anxiety / unmanageable stress
- weight anxiety/ sleep anxiety
- drastic changes in behaviour / mood”

“Approach – Approaching someone can be difficult, but not if we have some ground rules.

1. Approach them in private/comfortable area
2. Say something like: “Hey, I’ve noticed that you are/look/sound (insert behaviour ie. isolating yourself, look like you’ve lost a lot of weight), can we talk about it? I’m really concerned.”
3. LISTEN! (without judging, interrupting)
4. For the person being approached: If you don’t feel like sharing with that specific person, make sure you do share with someone else”

“Refer – Here are some mental health services [hand out list]”

“Whether you are an athletic therapist, a teammate, an assistant coach, I want you to refer one another to mental health services because we are all allies, and we will ALL make this team stronger.”

