

SAMHI Mental Health Action Plan (MHAP) for Coaches and Athletes

My MHAP: _____

Date: _____

When I am feeling well, I am:

Describe what you are like when you are feeling good – socially, psychologically, emotionally—in competition and out of competition.

What are my triggers?

Describe the events, people, areas, etc., that are likely to trigger unhelpful thoughts, feelings, behaviours.

In competition, what are the signs that my mental health is diminishing?

Describe the behaviours/actions, attitudes, emotions that your coach could observe as an indication that your mental health is diminishing.

As my coach, what can you do when you see the warning signs?

Describe the steps a coach can take to address the warning signs and help you stay on track.

Social integration and position on disclosure of mental illness to teammates:

Describe how you feel about disclosing your mental health status to teammates and the kind of support a coach can provide in this.

What is the best way to approach me as a player and person?

What sort of motivational tactics do you respond to? What causes you to shut down? What kind of expectations do you have for yourself?

The Plan – In competition

Describe the steps, coping techniques, skills, tools, that you will utilize to maintain your mental health in a competitive setting.

The Plan – Out of competition

Describe the steps, coping techniques, skills, tools, that you will utilize to maintain your mental health in your daily life away from your sport.

Response to decline in mental health status:

Prior to participation, the coach and athlete should have a discussion and mutually agree on a fair and healthy course of action in the event the student- athlete's mental illness interrupts his or her ability to compete. Use the space provided to get started.

Student-Athlete Signature: _____

Date: _____

Coach Signature: _____

Date: _____

Who to call in a crisis situation?

Name: _____

Contact Number: _____

Relationship: _____

Name: _____

Contact Number: _____

Relationship: _____

Helplines:
