



***This protocol is a guide for removing an athlete from the training and competition environment following mental health symptoms identified in the team environment or disclosed to team support members by the athlete. The athlete's safety and well-being remain paramount.***

The first step in determining if an athlete should be removed from play is regular Mental Health (MH) surveillance enabling identification of a mental health disorder, assessment by a physician and mental health care team in the sport. All attempts should be made to treat, support the athlete and adapt the training so the athlete can remain in the training environment.

Mental health assessment should assess Safety, Stability and Function through determining the impact of symptom burden, intensity, stability, suicidal ideation and intent and overall function. The criteria that would result in the decision to remove from play would include compromised safety to self or others and/or the inability to maintain stability or function due to psychological injury. Assessing the risk of suicide or violence should take into account the clarity, severity and imminence of their plan. Sport-specific factors should be considered in the assessment of safety, stability and function. These can include travel, exposure to sport-related pressure, adversity, performance variables, team dynamics, and potential presence of maltreatment.

Some common MH conditions may include debilitating depression, anxiety, psychosis, substance abuse disorders as well as eating disorders.

The decision for removal should be made after a thorough mental health assessment and include the athlete, team or treating physician, and other members of the athlete's mental health care team; ***the team or treating physician would make the final decision.*** Ongoing support for the athlete during and after the removal process is essential. Care and return to play would subsequently proceed as per the accompanying Return to Sport for Mental Health Disorder Guideline. According to medical recommendations, each step must be individualized and managed case-by-case.



# CONTINUUM OF MENTAL HEALTH INDICATORS AND RESOURCES

	HEALTHY	REACTING	INJURED	ILL
INDICATORS	<ul style="list-style-type: none"> <li>• Normal fluctuations in mood</li> <li>• Normal sleep patterns</li> <li>• Full of energy</li> <li>• Consistent performance</li> <li>• Normal social activity</li> <li>• Limited or no alcohol use or gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Nervousness, irritability sadness</li> <li>• Trouble sleeping, nightmares</li> <li>• Intrusive thoughts</li> <li>• Tired or low energy</li> <li>• Procrastination</li> <li>• Decreased social activity</li> <li>• Regular but controlled use of alcohol or gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety, anger, pervasive sadness, hopelessness</li> <li>• Restless or disturbed sleep, recurrent nightmares</li> <li>• Low or no energy</li> <li>• Decreased performance, presenteeism</li> <li>• Social avoidance or withdrawal</li> <li>• Increased alcohol use, substance use, or gambling</li> </ul>	<ul style="list-style-type: none"> <li>• Excessive anxiety</li> <li>• Depression</li> <li>• Self harm, suicidal thoughts and intentions</li> <li>• Unable to fall or stay asleep</li> <li>• No energy</li> <li>• Unable to perform duties, absenteeism</li> <li>• Isolation, avoiding social events</li> <li>• Frequent alcohol use, substance use, or gambling</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 and nutrition</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 your own signs of distress</li> <li>• Talk with someone</li> <li>• Seek help</li> <li>• Seek social support</li> </ul>	<ul style="list-style-type: none"> <li>• Seek professional help</li> <li>• Follow healthcare provider recommendations</li> <li>• Regain physical and mental health</li> </ul>
WHO CAN HELP	<ul style="list-style-type: none"> <li>• Your <b>Game Plan Advisor</b></li> <li>• Mental Performance Consultant (MPC)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Performance Consultant (MPC)</li> <li>• Counsellor</li> <li>• Psychotherapist</li> <li>• Your <b>Game Plan Advisor</b></li> <li>• Your COPSIN Mental Health Lead</li> </ul>	<ul style="list-style-type: none"> <li>• Team, Family, or Treating Physician</li> <li>• Clinical or Registered Psychologist</li> <li>• Counsellor</li> <li>• Psychotherapist</li> <li>• Social Worker</li> <li>• Your COPSIN Mental Health Lead</li> </ul>	<ul style="list-style-type: none"> <li>• Team, Family, or Treating Physician</li> <li>• Clinical or Registered Psychologist</li> <li>• Counsellor</li> <li>• Psychotherapist</li> <li>• Social Worker</li> <li>• Your COPSIN Mental Health Lead</li> </ul>
RESOURCES AVAILABLE	<p><b>WorkLife Services</b></p> <p>Follow <a href="#">this link</a> and enter the credentials below:</p> <ul style="list-style-type: none"> <li>• Username: TeamCanada</li> <li>• Password: lifeworks</li> </ul> <p>Qualified mental health service providers and self-directed resources offer support with mental, financial and emotional well being.</p>	<p><b>EAP Services</b></p> <p>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.</p> <p><b>Book services online.</b></p> <p><b>AbilitiCBT App</b></p>	<p><b>Connect with a mental health practitioner who knows sport:</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>• \$2,500 of coverage / year</li> </ul> <p><b>What to expect</b></p>	<p><b>If it's an emergency: Crisis Services Canada</b></p> <p>24-hour line:</p> <ul style="list-style-type: none"> <li>• Call: 1-833-456-4566</li> <li>• Text: 45645</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>• \$2,500 of coverage / year</li> </ul>