



## Airdrie Minor Hockey Association

#AMHASafetyFirst  
Office: 403 912-2680

# Mental Wellness

### What is it?

“A state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community”

One's overall Mental Wellness can be affected by biological factors, such as genes or brain chemistry, life experiences such as trauma or abuse, toxic stress, family history of mental health problems and brain injury.

1 in 5 Canadians are affected by mental health problems; no one is immune, including athletes.

According to the Raising Canada September 2022 report by Children First Canada, suicide is among the top 3 causes of death for children aged 10-14.

### Sports and Positive Mental Health

- Team sports build strong relationships
- Improve sleep habits and patterns
- Teaches resilience
- Teaches perseverance
- Builds leadership skills
- Distracts the brain and reduces stress



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### When to Reach Out...when something just doesn't seem right

- You, as a coach, are struggling to connect with a player, they seem hard to engage with, withdrawn or are displaying behavioural concerns.
- A parent has reached out to you asking for your support.
- A player has confided in you about something that is out of your realm of expertise and you would like outside support

### Resources

- Mental Health Help Line at 1.877.303.2642
- Kids Help Phone at 1.800.668.6868
- Access Mental Health at 403.943.1500
- Directory of local Services [Airdrie Counselling](https://www.airdriecounsellingcentre.com/)  
<https://www.airdriecounsellingcentre.com/>

Be AWARE, Be a “GO-TO” Supporter, Know WHEN to reach out, Know WHO to reach out to