

# CONTINUUM OF MENTAL HEALTH INDICATORS AND RESOURCES

	Healthy	Reacting	Injured	Ill
<b>INDICATORS</b>	<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>
<b>ACTIONS TO TAKE</b>	<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 a 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>
<b>WHO CAN HELP</b>	<ul style="list-style-type: none"> <li>• Your <a href="#">Game Plan Advisor</a></li> <li>• Mental Performance Consultant (MPC)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Performance Consultant</li> <li>• Counsellor</li> <li>• Psychotherapist</li> <li>• Your <a href="#">Game Plan Advisor</a></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>
<b>RESOURCES AVAILABLE</b>	<p><b>WorkLife Services</b> 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, physical and emotional wellbeing.</p>	<p><b>EAP Services</b> 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. <a href="#">Book services online</a></p> <p><b>AbilitiCBT App</b></p>	<p><b>Connect with a mental health practitioner who knows sport:</b> 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>• \$2500 of coverage / year</li> </ul> <p><b>What to expect</b></p>	<p><b>If it's an emergency:</b></p> <ul style="list-style-type: none"> <li>• <b>Crisis Services Canada</b> 24-hour line:</li> <li>• Call: 1-833-456-4566 / Text: 45645</li> <li>• 9-1-1</li> </ul> <p><b>If it's not an emergency:</b> 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>• \$2500 of coverage / year</li> </ul>

Not sure which services / resources are right for you? Connect with your [Game Plan Advisor](#) for help!

