



# HELLO CANADIAN HIGH-PERFORMANCE ATHLETES!



You are invited to participate in the first comprehensive mental health study in Canada that will track performance & mental health indicators over 2 years of the Olympic/Paralympic quadrennium, including the 2021 & 2022 Games

## Why should I participate?

- To help define how positive mental health can be a difference maker and help you reach the podium
- To contribute to the development of policies, resources, and educational programs that will safeguard your mental health
- To provide Canadian data to inform the mental health strategy for high-performance sport in Canada that is currently being developed by Canadian sport leaders
- To give insight into how the COVID-19 pandemic has influenced your progress and goals

## Am I eligible?

- All senior or Next Gen athletes identified on the NSO podium pathway and/or receiving AAP funding support are eligible (anglophone/francophone; winter/summer; individual/team sport; with/without disabilities; varying gender identity, sexual orientation, and ethnicity, etc.)

## What's expected of me?

- Similar to regular physical testing, you will be asked to complete a 20-25min online survey at the following 5 time points, and you will be given an approximate 10-week window to complete the survey at each time point to give you some flexibility:
  - Time 1.** 10-12 months [summer athletes] or 18-20 months [winter athletes] before the Olympics/Paralympics
  - Time 2.** 6-8 months before the Olympics/Paralympics
  - Time 3.** 1-3 months before the Olympics/Paralympics
  - Time 4.** 1-3 months after the Olympics/Paralympics
  - Time 5.** 10-12 months after the Olympics/Paralympics
- You may be asked to participate in a 45-min online interview (optional on a first come, first serve basis) 1-3 months before (if you are not selected to compete at the Games) or 1-3 months after the Games (if you are selected to compete at the Games).

Your participation is completely voluntary and your responses will remain anonymous and confidential.

While completing the survey at each time point is ideal, you may opt out at one or more time points if it is not feasible for you to complete the survey during that period.

Your choice to participate or not will NOT be shared with members of your NSO, IST, and sport funders

Click this link to complete the survey at **Time 1** for a chance to win a **\$100 Amazon gift card**

<http://bit.ly/mentalhealthinHPsport>

## QUESTIONS

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