

Resources

Canadian Centre for Mental Health and Sport

Website: <https://www.ccmhs-ccsms.ca/>

Call: 833-462-2647

Self-referral form: www.ccmhs-ccsms.ca/self-referral-form

Refer someone else: www.ccmhs-ccsms.ca/ally-referral-form

Canadian Sport Psychology Association

<https://www.cspa-acps.com/links>

Canada Sport Helpline

Call or Text: 1-888-837-7678

Email: infor@abuse-free-sport.ca

Kids Help Phone (also serving adults)

Text: Text "CONNECT" to 686868

Chat: <https://kidshelpphone.ca/live-chat/>

Youthspace

Text: 778-783-0177

Chat: www.youthspace.ca