

# Developing Mentally Healthier Communities Through Sport

## Commitment to Developing Mentally Healthy Sports Communities

Our sport community recognizes that **we ALL have mental health**. We will work as a team to build a community where we talk about our mental health and where we can feel safe reaching out for support.

**Taking time to talk  
and reach out  
makes us  
stronger.**

We can help to create a **mentally healthier community** by:

- Educating ourselves about mental health and wellness
- Challenging language and behaviour that is stigmatizing
- Checking in with each other and recognizing when others are struggling
- Making time to listen to each other and respond without judgement
- Reaching out for support and helping others to get help when they need it



Canadian Mental  
Health Association  
Ontario

Association canadienne  
pour la santé mentale  
Ontario



mentalwellnessinsports.ca