

Developing Mentally Healthier Communities Through Sport

The Four “Rs”

Relationships	Recognition	Response	Resources
The most common factor in a young person being able to overcome adversity is having a consistent, caring and supportive adult.	Approximately 1 in 5 children and youth in Ontario has a mental health challenge. 70% will have their onset in childhood or youth. Early intervention is critical and can lead to better outcomes in life.	We all have mental health. Normalize and be open to conversations about mental wellness. Use respectful language when you talk about mental health. Challenge misconceptions.	Educate yourself and those around you about mental health and wellness. Be a positive mental health role model. Foster a culture where reaching out is safe and important.
Get to know participants by asking questions about their lives inside and outside sport.	Pay attention to what you see, hear and learn about participants’ lives.	Make the time to listen and check in regularly, even when everything seems ok.	Find out what is available in your community. Have information and resources available. Learn, teach and model coping strategies.
Who are their supports? Do they have someone to talk to?	Watch for social, emotional and physical changes over time. Be aware of stressors outside of sport.	Let them know what you have noticed. Ask open-ended questions. Listen and avoid judgement.	Give options for resources and offer to help connect them to support. Know your limits and involve others if you are unsure what to do.