Student-Athlete Mental Health Initiative

U SPORTS Annual General Meeting | June 6, 2017
“The coaching staff tell you if you sacrifice for the team, we will do something special together, we will be remembered.

But when you get so down that you can’t even play any more, they don’t remember you. They don’t care.

So I kept playing... The next week, I pretty well had a breakdown.”

- BEN, FOOTBALL
“I was smiling and going about my days as if nothing was wrong. This is what people with depression do well: put on a great show and suffer alone.”

- ASHLEY, BASKETBALL
1 in 5 people will experience a mental health problem or illness.¹
Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group.²
Mental health problems are increasing in the student population.³
Level of mental distress is substantially higher in Canadian University student-athletes than age cohort comparison.⁴
Suicide is the second leading cause of death (COD) in young people aged 15-24.\textsuperscript{5}

And it is the third COD in NCAA student-athletes.\textsuperscript{6}
Poor mental health or untreated mental illnesses have significant impact on academic and athletic performance.
BEST PRACTICES

- Interdisciplinary support team, with licensed clinical provider
- Identify and refer to care
- Mental health screening
- Health-promoting environments
Founded in 2014, SAMHI is a not-for-profit, charitable organization dedicated to promoting the mental health and well-being of student-athletes in post-secondary sport.
WORK

Education

Training

Community Engagement
IMPACT

20 Campus Teams

Bell Let’s Talk Grant Recipient

7 Mental Health Huddles

Over 50 Campus Events
MERCI
THANK YOU
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REFERENCES


