

ISMÉA
initiative santé
mentale pour
étudiants-athlètes



SAMHI
student-athlete
mental health
initiative



Student-Athlete Mental Health Initiative

U SPORTS Annual General Meeting | June 6, 2017



WEAKNESS
Worthless
Crazy





“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



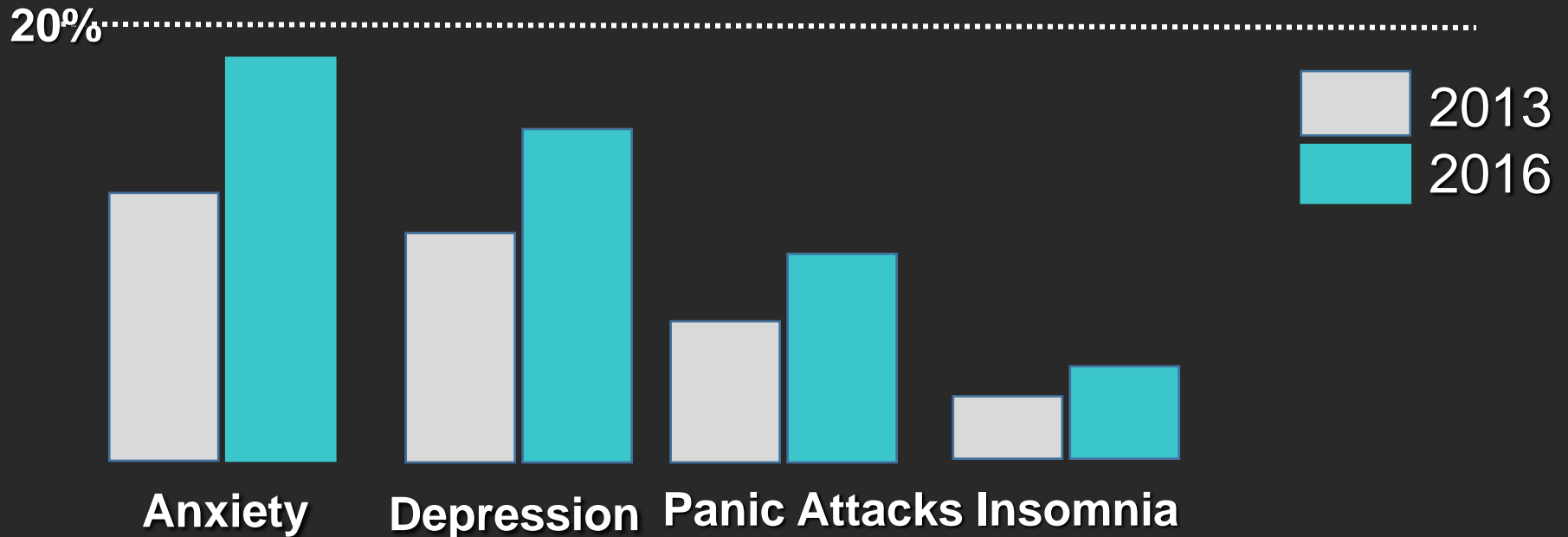
1 in 5 people will experience
a mental health problem or
illness.¹



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 15-24.⁵

And it is the third COD in NCAA student-athletes.⁶



Poor mental health or untreated mental illnesses have **significant impact on academic and athletic performance.**





BEST PRACTICES⁷



Interdisciplinary support team, with licensed clinical provider



Identify and refer to care



Mental health screening



Health-promoting environments

ABOUT SAMHI



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



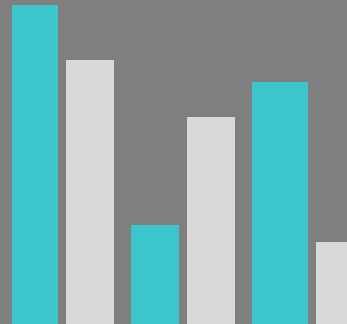
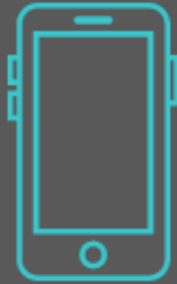
Community
Engagement



IMPACT



UPCOMING





United Rentals

403-381-1033

GALLO HOMES
MASTER BUILDERS

simply better

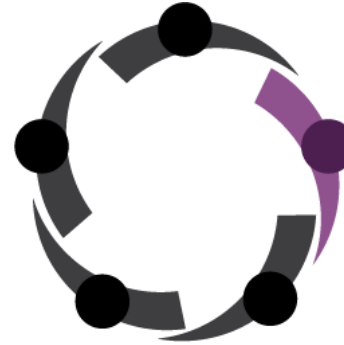
GET INVOLVED





MERCI
THANK YOU

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SAMHI
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² Pearson, Janz and Ali (2013). Health at a glance: Mental and substance use disorders in Canada. Statistics Canada Catalogue no. 82-624-X.

³ American College Health Association. American College Health Association-National College Health Assessment II: Canadian Reference Group Data Report Spring 2016. Hanover, MD: American College Health Association; 2016.

⁴ Sullivan, P. (2016). Unpublished pilot 1 and 2: Student-athlete mental health research program. Brock University

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⁶ Harmon, K. G., Asif, I. M., Klossner, D., Drezner, J. A. Incidence of sudden cardiac death in National Collegiate Athletic Association Athletes. *Circulation*. 2011;123:1594-1600.

⁷ NCAA Sport Science Institute. (2016). Inter-association consensus document: Best practices for understanding and supporting student-athlete mental wellness. Retrieved from:
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