



# HELLO CANADIAN HIGH-PERFORMANCE ATHLETES!



We are inviting you to participate in the first comprehensive mental health study in Canada that will track performance and mental health indicators across the 2021 and 2022 Olympic and Paralympic Games!

## Why should I participate?

- To define how positive mental health can be a difference maker and help you reach the podium
- To contribute to the development of policies, resources, and educational programs that will safeguard your mental health
- To provide Canadian data to inform the national mental health strategy for high-performance sport that is currently being developed by Canadian sport leaders
- To give insight into how the COVID-19 pandemic has influenced your progress and goals

## Am I eligible?

- You must be a current or aspiring member of a Canadian national team aiming to compete at the 2021 or 2022 Olympic/Paralympic Games
- We want to track the experiences of all types of athletes (ex. carded/non-carded; anglophone/francophone; winter/summer; individual/team sport; with/without disabilities; varying gender identity, sexual orientation, and ethnicity)

## What's expected of me?

- Similar to regular physical testing, complete a 20-25min online survey at 3 or 4 time points **before** and 2 time points **after** the 2021 or 2022 Olympic/Paralympic Games (essential to look at indicators across the quadrennium as demands and pressure fluctuate)
- Participate in an interview (optional on a first come, first serve basis) before or after the Games (based on selection)

**Your participation and responses will remain anonymous and confidential. Your choice to participate (or not) will NOT be shared with members of your National Sport Organization, Integrated Support Team, and Own the Podium**

**Click this link to access the survey: <https://bit.ly/31sWW6Z>**

## QUESTIONS

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