

DEPRESSION

Athlete and Coach Resource Sheet



WHAT IS DEPRESSION?*

Depression is a serious yet common medical illness that negatively impacts how someone feels, the way they think, and how they interact with the surrounding environment. Depression may lead to a variety of physical and emotional problems.



WHAT ARE THE RISK FACTORS FOR DEPRESSION? **

Bio-psycho-social factors:

- Biology - genetic, biological and physiological (e.g., biochemical imbalances)
- Psychology - mindset and mental state of being
- Social Factors - stressors, disruptions in the environment and related factors

A mental health illness such as depression often consists of three interrelated factors as listed above.



WHAT ARE THE SIGNS AND SYMPTOMS? **

- Feelings of worthlessness, helplessness, and hopelessness
- Low or sad moods accompanied by episodes of crying
- Irritability or anger
- Eating and sleeping disturbances
- Inability to concentrate or make decisions
- Fatigue, loss of interest, and loss of energy
- Recurrent thoughts of death, suicidal ideation, or suicide attempt

*Sources: NCAA, APA

**Source: NCAA



CASE ILLUSTRATION

Jake is the captain of the high school football team and is the leading quarterback in BC. Jake had been late and even absent for several practices in the past month; as a result, his coaches were upset and added an extra load to his practices as a punishment when he was there. Jake found it difficult to talk to anyone about how he was feeling. Instead, he said he was tired and had been waking up early in the morning and found it hard to get out of bed. Things he used to find enjoyable no longer interested him. Jake had both academic and athletic performance decline, and his teammates noticed that Jake was often angered by simple behaviours and was withdrawn from team activities outside the field. Jake had made comments about being a failure and felt the easy way out was to be dead.



WHAT ELSE CAN AFFECT OR BE AFFECTED BY DEPRESSION? **

- Physical health and performance
- Risk of injury
- Sport participation and motivation
- Suicidal risk

DEPRESSION

Athlete and Coach Resource Sheet

WHAT DO I TELL MY COACH AND/OR DOCTOR?*

- Being open about your mental state to both parties is crucial for their understanding and your rehabilitation process.
- When approaching your coach, it is best to have a private conversation to limit distractions and ensure you have his/her full and undivided attention.
- Think about what you want to say in advance. It can be helpful to make some brief notes to remind you of what you want to communicate.
- When consulting with your doctor include all past medical history, trauma/abuse and past feelings of depression.

TREATMENT OPTIONS

- 1) Counselling
- 2) Medication



SUICIDE PREVENTION

Kelowna Crisis Line
225 Lawrence Avenue, Kelowna BC
Email: crisisline@kcr.ca
Website: <http://www.kcr.ca>
Open 24hrs: 250-763-9191

HELPFUL RESOURCES AND SUPPORT

Foundry Kelowna - <https://foundrybc.ca/kelowna/>

Foundry Penticton - <https://foundrybc.ca/penticton/>

SportMedBC - <https://sportmedbc.com/practitioners>

Canadian Sport Psychology Association - <https://www.cspa-acps.com/find-a-consultant>

Canadian Centre for Mental Health in Sport - <https://www.ccmhs-ccsms.ca/>
<https://anxietybc.com/>

<http://keltymentalhealth.ca/>

<http://www.apa.org>

<http://www.ncaa.org/sport-science-institute/mental-health>

*Source: NCAA