MENTAL HEALTH & WELLBEING

NATIONAL TEAM HANDBOOK

VERSION 1.0 – AUGUST 26, 2026

Mental health and wellbeing are an important part of athlete health and performance. National Team athletes have access to resources designed to support both proactive mental wellness and professional mental health care.

If you are unsure where to start, your Program Director or HP Coordinator can help connect you with the appropriate support.

1 CANADIAN CENTRE FOR MENTAL HEALTH AND SPORT (CCMHS)

The Canadian Centre for Mental Health and Sport (CCMHS) provides sport-informed mental health services delivered by practitioners who understand the unique experiences and pressures of high-performance sport.

Services are available across Canada, including through telehealth, allowing athletes to maintain continuity of care while travelling, training remotely, or living away from their usual training environment.

Eligible athletes may access subsidized mental health support through Game Plan, which can connect athletes with CCMHS practitioners.

Canadian Centre for Mental Health and Sport:
https://www.ccmhs-ccsms.ca/

Game Plan:
https://mygameplan.ca/

2 HEADVERSITY

GymCan provides National Team members with access to Headversity, a digital mental wellness and resilience training platform.

Headversity provides personalized tools and learning related to resilience, mindfulness, emotional intelligence, stress management, and overall mental wellbeing. It is intended as a proactive wellness and skill-development resource and does not replace professional mental health care.

National Team members receive access to Headversity at no additional cost through GymCan.

2.1 GETTING STARTED WITH HEADVERSITY

Want to see how Headversity works? This recorded orientation provides a walkthrough of the platform and introduces the tools and resources available to National Team athletes.

Watch the Headversity Orientation:
https://am.lol/v/fSbhOKS

2.2 HOW TO ACCESS HEADVERSITY

1. Download Headversity from the App Store or Google Play, or visit https://apps.headversity.com/.
2. Select "I Have an Invite Code."
3. Enter invite code GYMCAN.
4. Complete your registration.

Access is available in English and French.

3 DOCUMENT TIMELINES

Version	Date	Change(s)
Final 1.0	August 26, 2026	Initial document