



## Mental Health / Check in Resources

### Coaching Association of Ontario / Coaching Association of Canada:

The majority of their Mental Health resources is based around and in the NCCP Basic Mental Skills module ([here](#)), which is \$75.

Coaching Association of Canada has a mental health module that can be found on [Youtube](#), it's 25 minutes.

### Carleton:

#### Kids Help Phone:

24/7 in English and French

Tel: 1-800-668-6868

Text: 686868

#### Good2Talk

A confidential, anonymous helpline for Ontario post-secondary students. Offers professional counselors, mental health and addictions info and on and off campus resource info.

Tel: 1-866-925-5454

Text: GOOD2TALKON to 68-68-68

Website: [good2talk.ca](http://good2talk.ca)

#### Togetherall (formally Big White Wall)

Access a 24/7 anonymous peer support community providing self-help tools, resources and creative outlets online. **Togetherall** is a safe, clinically moderated online peer-to-peer mental health community that's FREE to anyone over the age of 16 in Ontario.

Website: [togetherall.com](http://togetherall.com)

#### Mind Your Mind

Self-help resources online 24/7

Website: [mindyourmind.ca](http://mindyourmind.ca)

#### BounceBack

a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

Call: 1-866-345-0224

website: [bounceback.ca](http://bounceback.ca)

### Articles & Other Resources:

- Taking Care of Your Athletes – CAO Resource ([Here](#)): <https://www.coachesontario.ca/articles/taking-care-of-your-athletes/>
- Taking Care of Yourself – CAO Resource ([Here](#)): <https://www.coachesontario.ca/articles/taking-care-of-yourself/>
- Burnout – CAO Coach2Coach Resource ([Here](#)): <https://www.coachesontario.ca/articles/burnout/>

Rugby Ontario  
Abilities Centre  
55 Gordon Street,  
Whitby ON L1N 0J2  
Tel: 647 560 4790





- Athlete Mental Health – Reality Check! – CAO Coach2Coach Resource ([Here](https://www.coachesontario.ca/articles/athlete-mental-health-reality-check/)):  
<https://www.coachesontario.ca/articles/athlete-mental-health-reality-check/>
- Mental Health Tips – Loose Headz UK Article ([Here](https://looseheadz.co.uk/mental-health-tips)):  
<https://looseheadz.co.uk/mental-health-tips>
- Mental Health Educational Resources – NCCA Sport Institute ([Here](http://www.ncaa.org/sport-science-institute/mental-health-educational-resources)):  
<http://www.ncaa.org/sport-science-institute/mental-health-educational-resources>
- Supporting Young People in Your Life During COVID-19 – Kids Help Phone ([Here](https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/)):  
<https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/>

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