



Continuum of Mental Health Indicators and Resources

	Healthy	Reacting	Injured	III
Mental Health Indicators	<ul style="list-style-type: none"> Physically well, high energy Usual fluctuations in mood High Focus Usual social activity Usual sleep patterns High engagements Consistent performance 	<ul style="list-style-type: none"> Low energy Occasional anxiety, irritability or sadness Reduced focus, increased worrying, procrastination, forgetfulness Reduced social activity Increased sleep difficulties Inconsistent, reduced performance 	<ul style="list-style-type: none"> Persistent fatigue, aches or pains Pervasive anxiety, anger, sadness, hopelessness Poor focus, presenteeism Social avoidance or withdrawal Ongoing sleep disturbances Decreased or poor performance 	<ul style="list-style-type: none"> Exhaustion, physical illness Excessive anxiety, anger or depressed mood No focus, persistent dark or suicidal thoughts Isolation or withdrawal Unable to fall or stay asleep, oversleeping Unable to perform or complete normal tasks, absenteeism
Actions to Take	<ul style="list-style-type: none"> Identify and understand own signs of distress Make time for hobbies and interests Schedule enjoyable activities Connect with support systems Maintain the basics (diet, exercise, sleep hygiene) Journal, meditate, spend time outside 	<ul style="list-style-type: none"> Know your “stress cues” Journal, meditate, yoga, breathwork Take a rest day, schedule breaks Reach out to friends and family, challenge the urge to isolate and make plans with others Make use of Lakehead Support Services 	<ul style="list-style-type: none"> Implement healthy coping strategies or try new ones Set realistic expectations for performance Be intentional with self-care and accessing social supports Seek support from mental health professionals 	<ul style="list-style-type: none"> Seek consultation as needed Follow health care provider recommendations Take a break Take a medical leave, look into academic accommodations Take it slow, practice self-compassion
Who can help	<ul style="list-style-type: none"> Informal supports- friends, teammates, family Coaching staff 	<ul style="list-style-type: none"> Informal Supports Social worker Psychologist Coaching Staff/Student Trainers 	<ul style="list-style-type: none"> Social worker Psychologist Medical Doctor/Athletic Therapist Psychotherapist 	<ul style="list-style-type: none"> Social worker Psychologist Psychotherapist Psychiatrist
Resources available	<ul style="list-style-type: none"> WellU Key- Monitor your well-being and get personalized recommendations. WellU Resilience: Varsity Edition- Self-paced D2L module. The evidence-based course features videos, slideshows, skill-building activities, resources and information to help student athletes build resilience. Check out lakeheadu.ca/shw-events for regularly scheduled yoga and meditation groups and wellness events on campus. 	<ul style="list-style-type: none"> Thunderwolves Wellness- Information about common athlete mental health concerns, coping strategies and resources. Good2Talk- Free, confidential helpline providing professional counselling for post-secondary students. Student Health and Wellness- Free, same-day appointments, online booking. Physicians available by appointment TalkCampus- 24/7 online peer support. 	<ul style="list-style-type: none"> Student Health and Wellness- Free, same-day appointments, online booking. Physicians available by appointment LUSU Health and Dental Plan- Extended health coverage for mental health providers. Ontario Structure Psychotherapy Program- free, publicly funded, short-term cognitive-behavioural therapy with a psychotherapist 	<p>If it's an emergency:</p> <ul style="list-style-type: none"> If someone is in immediate danger, 9-1-1 Canada's Suicide Crisis Helpline: <ul style="list-style-type: none"> Call or text 9-8-8 CMHA Crisis Response Services: <ul style="list-style-type: none"> Call or text- 807-346-8282 <p>If it's not an emergency:</p> <ul style="list-style-type: none"> Student Health and Wellness- Free, same-day appointments, online booking. Thunder Bay Walk-in Counselling Clinics- Provide free, immediate, single-session counselling services.

*Resource Adapted from Canada Game Plan