

# An Athlete Needs You!



## Know what to watch for

- Prolonged negative mood or attitude
- Missing practices/games
- Declining performance
- Preoccupation with appearance, food or body image
- Changes in behaviours, friends or normal activities
- Low energy and/or poor concentration
- Changes in physical health and/or hygiene
- Comments about feeling worthless, hopeless or suicidal
- Signs of self-injury
- Marked personality change
- Aggressive behaviours

## Know what to say

- Say something! Don't be afraid of sounding clumsy!
- Be patient, compassionate and non-judgmental
- Ask them how they are feeling and if they are thinking of suicide
- Really listen. Give 100% of your attention
- Be sensitive, but direct
- Let them know you are concerned, and explain why
- Never swear secrecy, as you may need to get them more help

## Know what to do

- If there is an emergency, call 911 or go to the hospital
- Call your local crisis line
- Stay calm and listen
- Talk with the athlete about the warning signs you have observed
- Be sensitive to how the athlete is feeling
- Educate yourself on local help resources/services
- Connect the athlete with help services
- Involve/engage parents in the process, where appropriate
- Give the athlete a Help Numbers card
- Don't forget to take care of yourself
  - it's especially important when supporting others!

## Get help here.

### EMERGENCY HELP NUMBERS

If you, or someone you know is feeling suicidal, get help . . . . . Call 911  
 Crisis Response . . . . . 346-8282  
 Kids Help Phone . . . . . 1-800-668-6868  
 Get to the hospital or have someone you trust get you there.

### COMMUNITY SUPPORT NUMBERS

Alpha Court Mental Health  
 & Addictions Services . . . . . 683-8200  
 Beendigen Women's Crisis Line . . . . . 346-4357  
 Catholic Family Development Centre . . . . . 345-7323  
 Centre des Femmes Francophones  
 du Nord-Ouest de l'Ontario . . . . . 684-1955  
 Children's Aid Society . . . . . 343-6100  
 Children's Centre Thunder Bay . . . . . 343-5000  
 Dilico Anishinabek  
 Family Care . . . . . 623-8511 or 1-800-465-3985  
 Matawa Crisis Response . . . . . 628-3880  
 Ontario Native Women's Association . . . . . 623 3442  
 Sister Margaret Smith Centre . . . . . 684-5100  
 Thunder Bay Counselling Centre . . . . . 684-1880  
 Thunder Bay Indian Friendship Centre . . . . 345-5840  
 Thunder Bay Sexual Assault/Sexual Abuse  
 Counselling & Crisis Centre . . . . . 344-4502  
 Thunder Bay and Area Victim Services . . . . 684-1051  
 Walk-In Counselling Clinic . . . 684-1880 or 343-5000  
 24 hour live referral information . . . . . Call 211

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