

I knew what to say. I knew what to do.

"As a coach, I care about my players – but it can be hard to know what to do when they appear to be struggling. Between games, practices, not knowing what to say, or even not feeling sure of warning signs, it can be a challenge. But I learned what to say, and I learned what to do. So can you."



Teen mental health issues are very real. When I noticed that one of my athletes was beginning to change, I was concerned. I observed his negative behaviour and attitude, and it wasn't getting any better. Usually a real team player, he started missing practices and games. He was neglecting team mates he used to be really close with, and was even aggressive with them at times. I knew that I needed to do something.

By learning about resources in our community, and fostering a healthy relationship with my players, I felt confident to open up a conversation with him – and I am so glad that I did. I understand that it's not my job to solve all of his problems, but I know I did the right thing by connecting him with our school counsellor to help him find the support that he needed. I didn't need to say the perfect thing; I just needed to start the conversation. Now I feel equipped to do the same for other athletes.

Learn what to say. Learn what to do.

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