



Health Care Access Research
and Developmental Disabilities

camh | Azrieli Adult
Neurodevelopmental Centre

Supporting Men's Mental Health in Special Olympics



Special Olympics
Olympiques spéciaux
Canada



Main Message



Men's mental health can be **ignored** because men sometimes feel pressure not to talk about their feelings.



Taking care of your **body and mind** can stop small problems from becoming bigger ones.

Tip 1: Be Kind to Yourself



It is good to try our best in competitions, but **too much pressure** can make us perform worse and feel stressed.



This **stress** can **grow** into **bigger** mental health problems over time.

Speak up when things start to feel hard. Be **kind to yourself** and know it's okay to **ask for help**.

Tip 2: Your Team Matters



You are a part of a **team**, both **on and off** the field which includes other athletes, coaches, and family and friends.

You should always feel **safe** and **supported** by your team.



If things are not going well, it is important to **talk** about any team problems. You can ask a **coach**, **teammate**, **family**, or **friend you trust for help**.

Tip 3: Remember to Rest Your Mind and Body



Just like it is important to **rest our bodies** when we exercise, it is also important to **rest our minds**.



It is **important** to have a **life outside** of sports so you do not get burnt-out.

Make sure you take time to **relax, have fun**, and not always think about sports.

Tip 4: Set Goals



Setting goals can help you focus, feel good and do your best.



Think about **short-term goals** (what do you want to do today or this week) and **long-term goals** (what do you want to do this year).

Tip 5: Know When to Ask for Help



When facing **mental health problems**, people's feelings, and ways of thinking may **change**.

Resources like [My Strong Mind](#) can help you understand what is normal for you and track any changes you notice.



Noticing **big changes** may mean you need professional help.

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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