



Mental Health in Sport

Mental health impacts the quality of life and performance of both sport participants and coaches. The Coaching Association of Canada's **Mental Health in Sport** eLearning module was developed to educate coaches about mental health to empower them to effectively play a role in supporting the well-being of the participants in their sport program, while also supporting their own mental health.

Sport is linked to a range of positive outcomes, including improved mental health and well-being. Coaches have a great deal of influence over participants' mental health.

HOW-TO LOG IN FIRST-TIME USERS:

1. Go To <https://thelocker.coach.ca/>
2. Click "Don't have an NCCP#? Create one now!"
3. Under **Registering with the Locker**, click the "Consent" box.
4. Click "Continue" and follow the onscreen instructions.

ALREADY HAVE AN ACCOUNT:

1. Login <https://thelocker.coach.ca/> using your **NCCP#** or **email** and **password**.
2. Find the "E-Learning" section from the list of **Profile Tabs** in red at the top of the page.
3. Select "Multi-sport" from the list on the left-hand side.
4. Select "Mental Health in Sport" under the "Available" tab

After completing the **Mental Health in Sport** eLearning module, you will be able to:

- Describe the foundations of mental health
- Recognize and understand your role in promoting coach and participant well-being
- Understand the importance of self-care

Coaches who are maintaining their trained or certified status will receive 1 Professional Development (PD) point upon completing this eLearning module. This eLearning will take approximately 45-60 minutes to complete. You may complete the module in multiple sittings. Once you have completed **Mental Health in Sport**, the module will appear in your coach transcript.

Ensure you have exited out of the module using the red "Close evaluation" button at the bottom of the module.

To learn more about requirements and resources for Special Olympics NL coaches and volunteers please visit www.sonl.ca