



CCMHS
CANADIAN CENTRE FOR
MENTAL HEALTH AND SPORT

Canadian Centre for Mental Health and Sport

"Where performance meets mental health"

WHO WE ARE

We are a one-of-a-kind team offering specialized mental health care services to Canadian competitive and high-performance athletes, coaches, and performing artists.

WHO WE SERVE

We support competitive and high-performance athletes, coaches, and performing artists as well as the broader sport community, by creating long-lasting relationships that foster health and wellness.

WHAT WE BELIEVE

We believe athletes and coaches can learn and succeed in life with and without mental illness and mental health challenges.

FACEBOOK

Canadian Centre for Mental Health and Sport
www.facebook.com/ccmhs.ccsms



INSTAGRAM

[@ccmhs.ccsms](https://www.instagram.com/ccmhs.ccsms)



TWITTER

Canadian Centre for Mental Health and Sport
www.twitter.com/ccmhs.ccsms
[@ccmhs.ccsms](https://twitter.com/ccmhs.ccsms)



CONTACT US

WWW.CCMHS-CCSMS.CA
INFO@CCMHS-CCSMS.CA
(613) 454 1409

