



To thrive on the ice, we need to be physically healthy. But what about our mental health?

MOVEMBER® BREAKING THE ICE

Research shows that young people aged between 15-24 are more likely to experience mental illness and/or substance use disorders than any other age group.

That's huge, and we can't ignore it. Movember Breaking the Ice is a way to take action – a program for athletes, coaches and parents to learn the skills, resilience and communication needed to help young men live happy, healthy, long lives.

HOW IT WORKS

TRAINING FOR COACHES

to increase enjoyment, motivation and prevent dropout among their athletes.

SPORTS PSYCHOLOGY RESEARCH

evidence-based resilience training for athletes to learn the skills that benefit performance and wellbeing.

THE 'GOT YOUR BACK' WORKSHOP

teaches adolescents how to take action for their own mental health, and how to spot the signs with someone else.

RESOURCES AND TRAINING FOR PARENTS

to help recognize and communicate about mental health with their adolescents.

BENEFITS

- ✓ Reduced risk of mental health problems
- ✓ Improved wellbeing
- ✓ Reduced stigma around mental health and opening up
- ✓ Increased motivation
- ✓ Improved quality of coaching and performance
- ✓ Reduce dropout

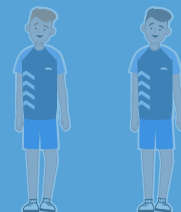
SIGN UP NOW, simply nominate a team champion who'll work with our Movember Breaking the Ice team to deliver the program to your athletes.

1 IN 2

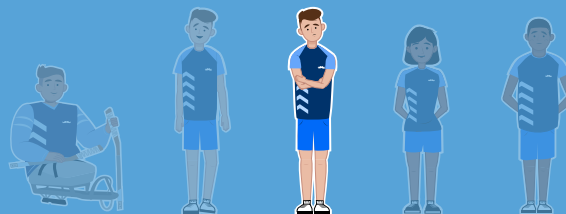
men will experience a mental health problem in their lifetime.



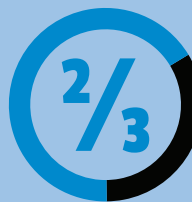
1 IN 7



adolescent males may have a mental health problem at any given time.



THAT'S 2 PLAYERS ON EVERY HOCKEY TEAM



of mental health problems have their onset during childhood or adolescence.

15-25 YEARS

Suicide is the leading cause of death for this age group.

WWW.BREAKINGTHEICE.CA