

Mental Health in Motion: Screening and Surveillance Strategies for Optimal Athlete Wellbeing

As understanding of mental health in elite sport continues to evolve, so too does the need for practical, context-sensitive strategies that move beyond awareness into meaningful action. This session explores how mental health screening and surveillance can be embedded into high-performance environments in ways that are athlete-centred, multidisciplinary, and grounded in real-world application. Drawing on experiences from Olympic sport and professional motorsport, it will examine how proactive monitoring tools, data-informed practice, and psychologically safe cultures can be developed to support early identification, appropriate intervention, and sustained wellbeing. Emphasis will be placed on what works in practice—highlighting successes, barriers, and lessons learned when translating policy and research into day-to-day support for athletes at the highest level.