

Beyond the Game: Mental Health Support at Major Sport Events

This interactive workshop will explore practical approaches to supporting mental health before, during, and after major international sporting events. Through expert presentations and scenario-based discussions, participants will examine strategies for proactive mental health planning, event related service delivery, crisis response, and post event follow up within varying sport and organizational contexts.

Learning Objectives

- Describe key components of a mental health plan for international sporting events across different event sizes and organizational settings.
- Identify practical approaches to recognizing, escalating, and managing mental health concerns and emergencies during sporting events.
- Explore strategies for integrating proactive mental health supports and surveillance into sport event planning and delivery.
- Apply workshop concepts to real world scenarios involving athletes, teams, and organizing committees.