



Evaluation of the Mental Health Strategy for High Performance Sport in Canada

Are we behind, ahead, or exactly where we want to be?

THE AIM

The CHAMPS project has 4 main objectives.

01

IMPLEMENTATION

Assess which of the 5 priorities of the National Strategy have been put into practice.

02

IMPACT

Evaluate the impact of the National Strategy on athletes, coaches, parents, and staff.

03

NEEDS & GAPS

Identify remaining needs, gaps, and challenges in the application of the National Strategy.

04

RECOMMENDATIONS

Provide practical suggestions to strengthen the National Strategy going forward.

THE TEAM

The CHAMPS project is funded by SSHRC and includes an award winning team.

Researchers

The Research Team includes 10 researchers with sport and mental health expertise from top Canadian universities, led by Dr. Natalie Durand-Bush from uOttawa and the project coordinator, Dr. Neha Malhotra.

Sport Partners

The Task Force includes leaders from 8 key national and multi-sport organizations who will offer expert guidance, provide input on evolving needs, and share results with the sport community.



THE OUTCOMES

The CHAMPS project will help us achieve 3 main outcomes.

Evidence-Driven Sport System Change

Generate actionable insights to inform policy, programs, and funding decisions that strengthen mental health and overall wellness in sport.

Healthier and Safer Sport Environments

Support the creation of supportive sport cultures that prioritize well-being, safety, and sustainable athletic performance.

National and Global Leadership Impact

Build partner capacity, engage communities, and position Canada as a global leader in sport mental health practice and research.

THE ASK

The CHAMPS project supports athletes, coaches, parents, and staff across Canada.

Learn more and share your voice by visiting our website or scanning the QR code.

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