

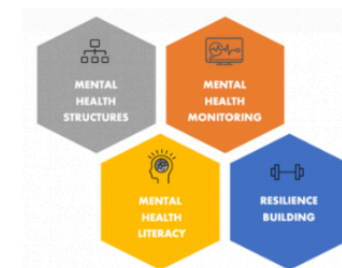


DUAL CAREERS FOR MENTAL HEALTH (DC4MH)

...aims to optimize mental health services within European dual career 'elite sport and education' environments.

...focuses on 4 key pillars: (1) organizational structures for mental health, (2) mental health monitoring, (3) mental health literacy, and (4) resilience-building strategies.

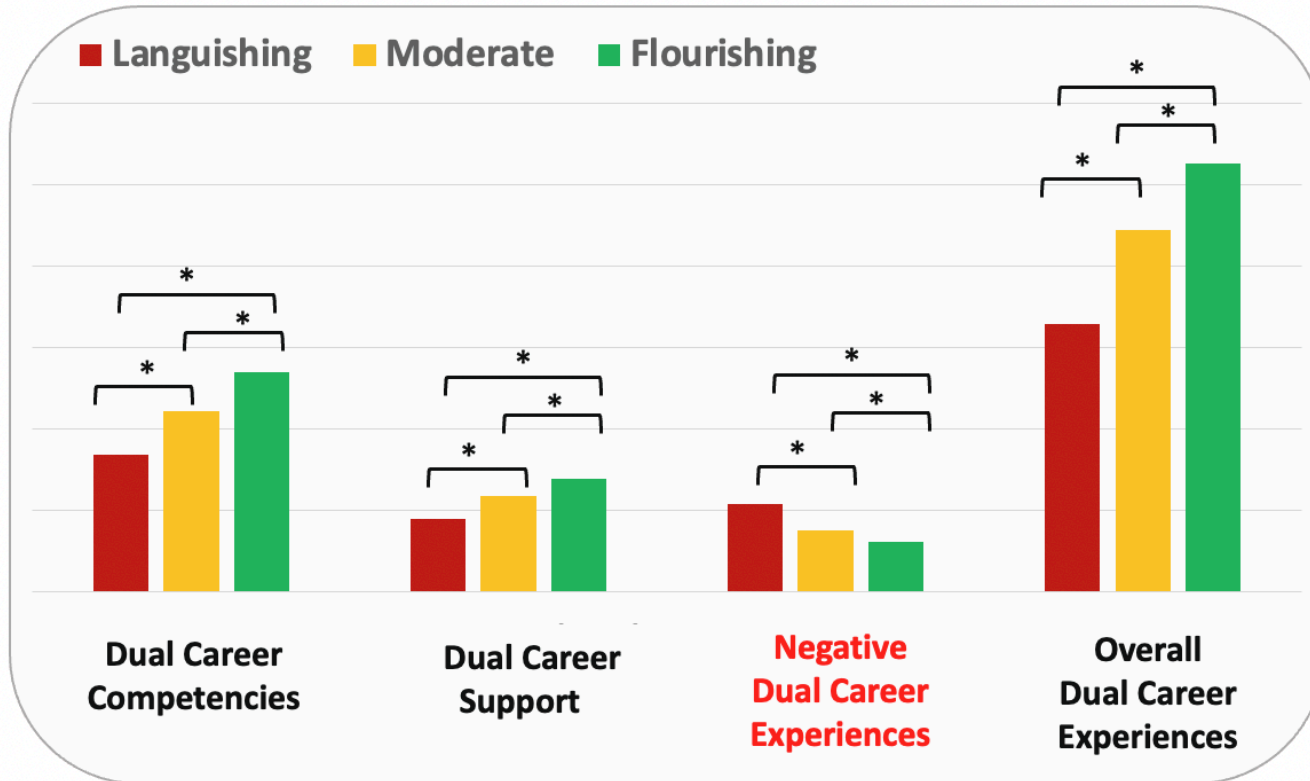
...brings together a consortium of 28 experts on mental health and dual career representing 10 organizations from 6 Member States: Belgium, Denmark, Italy, Slovenia, Spain, and Sweden.



LORANNE SMANS
Student-athlete, Psychology - Snowboard

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Dual Career Experiences predict Mental Health outcomes in 1308 European Student-Athletes



Jorre Verstraeten
Olympic student-athlete, Judo & Sport Science

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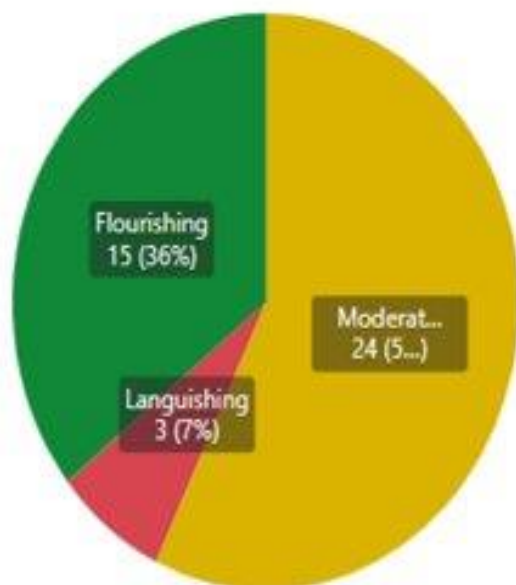
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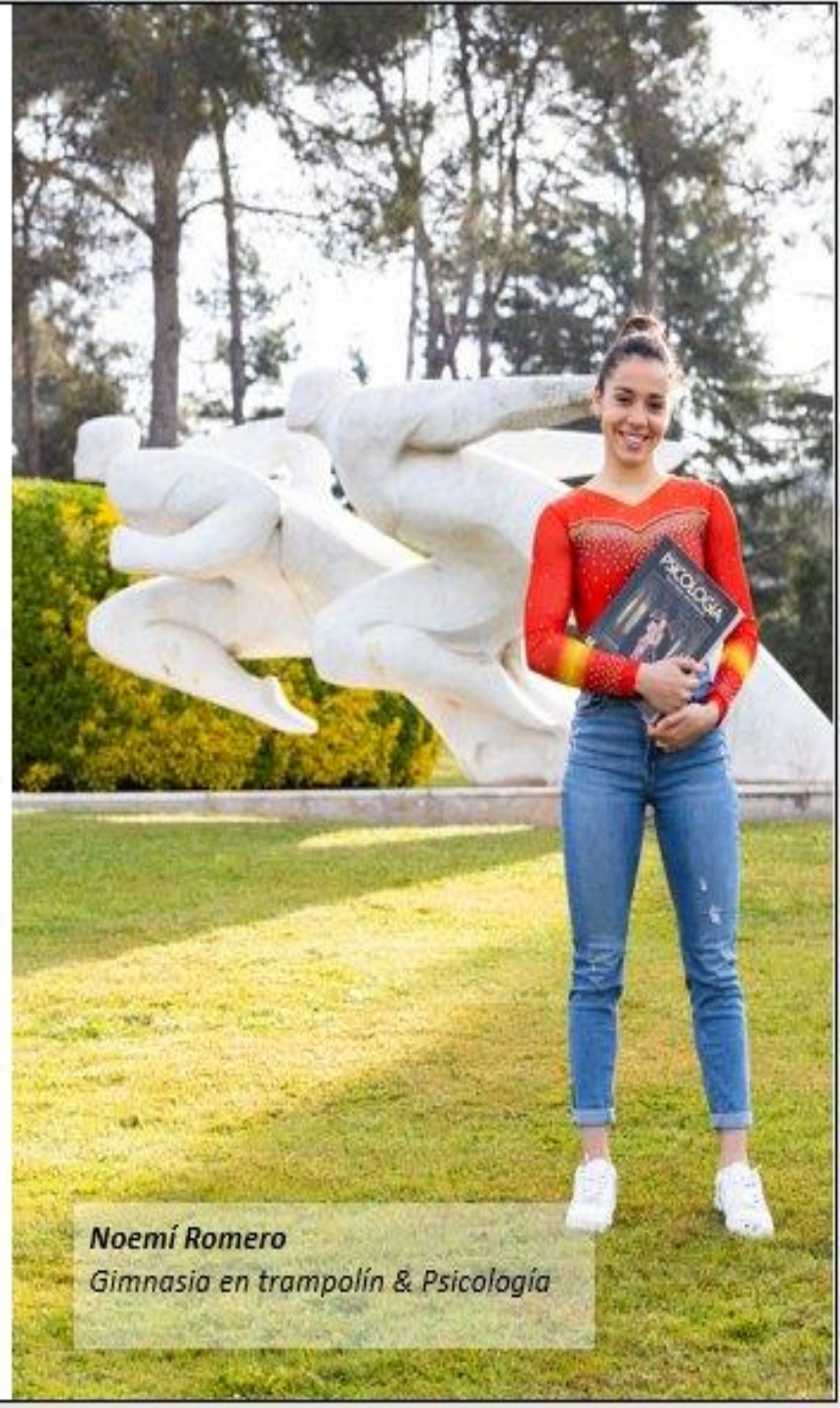
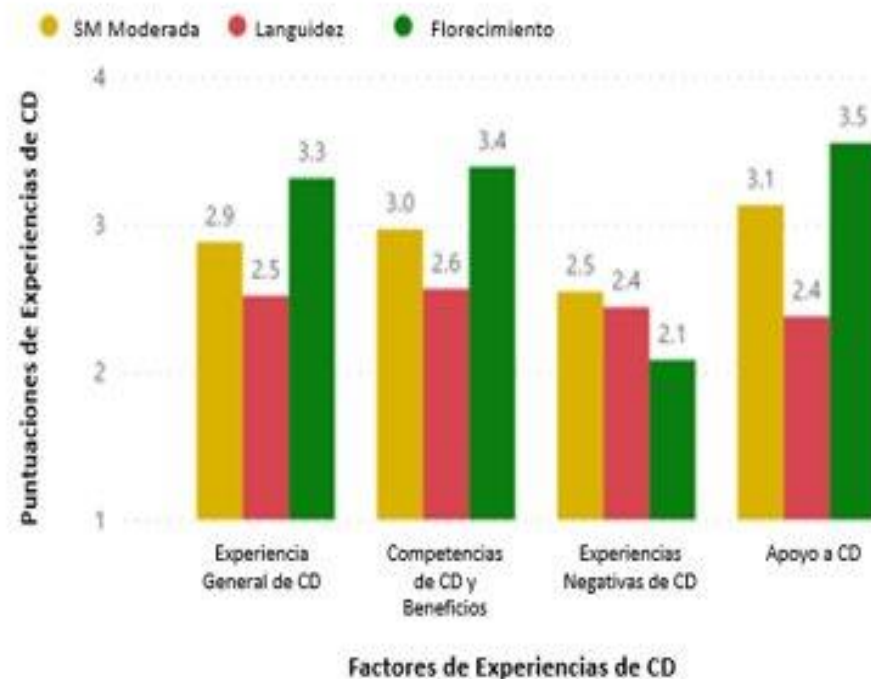
Las experiencias de Carrera Dual y Salud Mental en mujeres estudiantes-deportistas

N: 42

MHC-SF Tres Categorías Diagnósticas de Salud
Mental Positiva



Experiencias de CD entre 3 grupos de bienestar



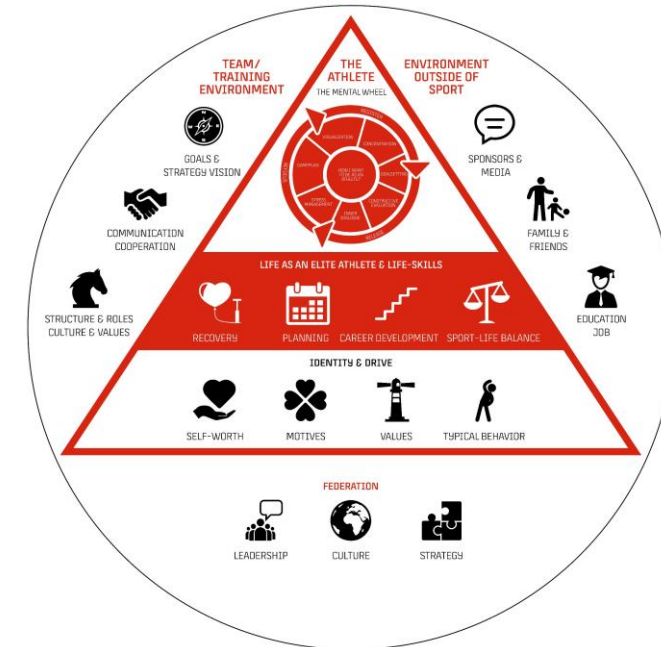
Noemí Romero
Gimnasia en trampolín & Psicología

WELL-BEING & MENTAL HEALTH PROMOTION INITIATIVES and ACTIONS

TEAM DANMARK



- ❑ **Setting the scene** – focus on well-being in elite sport environments through communication, new survey, description of ethical codex, research, implementation of a *whistle blower*, a new mental Health model, and a network for well-being.
- ❑ **Level of athletes:** Focus on Dual Career, screening, sports psychology, create meaningful lives, OL blues project, eating disorder survey, holistic plan for athletes, life skills, and mentor programs.
- ❑ **Education of leadership in sport** - Team Danmark's national coach and head of federation educations with a focus on value-based leadership.
- ❑ **Federation level:** Appointment of responsible persons for well-being and a overarching focus on prevention of mental health problems among elite athletes.



Source: Diment et al., 2020
<https://doi.org/10.7146/sjsep.v2i0.115660>



Dual Careers for Mental Health



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