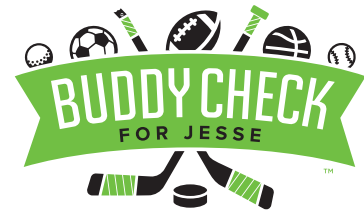


COACHES CHAT: AGE 10+ OVER



Hey Team,

Today we are doing a Buddy Check for Jesse chat. Buddy Check for Jesse was created in Victoria, BC, in memory of Jesse and with a simple goal: to make it easier for young people to talk about mental health and remind teammates to look out for one another.

As coaches, we care about who you are as people, not just how you perform in your sport. Being a strong team means paying attention to how we treat each other, how we handle hard days, and whether the people around us feel supported.

Mental Health Is Part of Health

All of us have mental health, just like all of us have physical health. It can change from day to day. Stress, anxiety, sadness, pressure, grief, loneliness, and other challenges can affect anyone, including high-level athletes.

Some struggles are easy to see and some are not. A teammate can show up, practise, compete, laugh, and still be having a hard time. We cannot always tell by looking at someone.

So What Can We Do?

- **Notice.** Pay attention when a teammate seems different, withdrawn, unusually frustrated, or disconnected.
- **Ask.** A simple “You good?” or “You haven’t seemed like yourself lately. Want to talk?” can open a door.
- **Listen.** You do not need perfect advice. Give them your attention and avoid judging or making fun of what they share.
- **Include.** Small actions matter. Sit beside them, invite them in, send a message, or make sure they are not left on their own.
- **Connect.** If you are worried about someone, tell a coach, parent, teacher, counsellor, or another trusted adult.

Team Impact

“Hey, you’ve seemed a little quiet lately. Are you doing okay?”

“No pressure to tell me everything. I just wanted you to know I’m here.”

“Do you want me to come with you to talk to Coach?”

“I’m worried about you, so I’m going to get an adult who can help us.”

You Do Not Have to Carry It Alone

Being a good friend does not mean keeping every secret or trying to solve someone else’s mental health challenge by yourself. If someone tells you they might hurt themselves, talks about suicide, or you are seriously worried about their safety, tell a trusted adult right away. Getting help is not betraying a teammate. It is caring about them.

Athletes Struggle Too

Elite athletes across many sports have spoken publicly about anxiety, depression, pressure, burnout, therapy, and asking for help. Their stories are a reminder that talent, toughness, success, and mental health challenges can all exist at the same time. Needing support does not make someone weak or less of an athlete.

Why Green?

Green is the colour of mental health awareness. Today we are using [insert Buddy Check green item here] to make the message visible. When people ask about it, tell them what it means: we talk about mental health, we look out for our teammates, and we Buddy Check each other.

Final Thought

You do not need a perfect speech to help someone. Sometimes support starts with noticing, asking one question, and staying long enough to listen.

We are more than the sport we play. We are teammates, and teammates check in on each other.