

TACKLING MENTAL HEALTH IN ELITE SPORT

Mental Health Symposium
20 November 2018



**MORE THAN 20% OF OUR ATHLETE'S
EXPERIENCE MENTAL HEALTH CHALLENGES
DURING THEIR TIME AS ELITE PERFORMERS.**

This symposium, intended for anyone working in or with elite level sport, will be an informative and educational opportunity to grow awareness of mental health issues in elite sport.

Covering a broad range of mental health topics, with high quality, experienced specialists, this symposium aims to broaden the understanding of the sporting community of mental health and its management. It will be a valuable event for coaches, administrators, sport leaders and those who support individuals in high performance sport.

WHEN: November 20th 2018 8.30am – 1.00pm

WHERE: Room WG126, AUT City Campus,
Sir Paul Reeves Building, 2 Governoy Fitzroy Place, Auckland, 1010

PLEASE RSVP by 16th November to chris.kirman@hpsnz.org.nz

FOR GENERAL ENQUIRIES contact Dr Kylie Wilson, kylie.wilson@hpsnz.org.nz
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