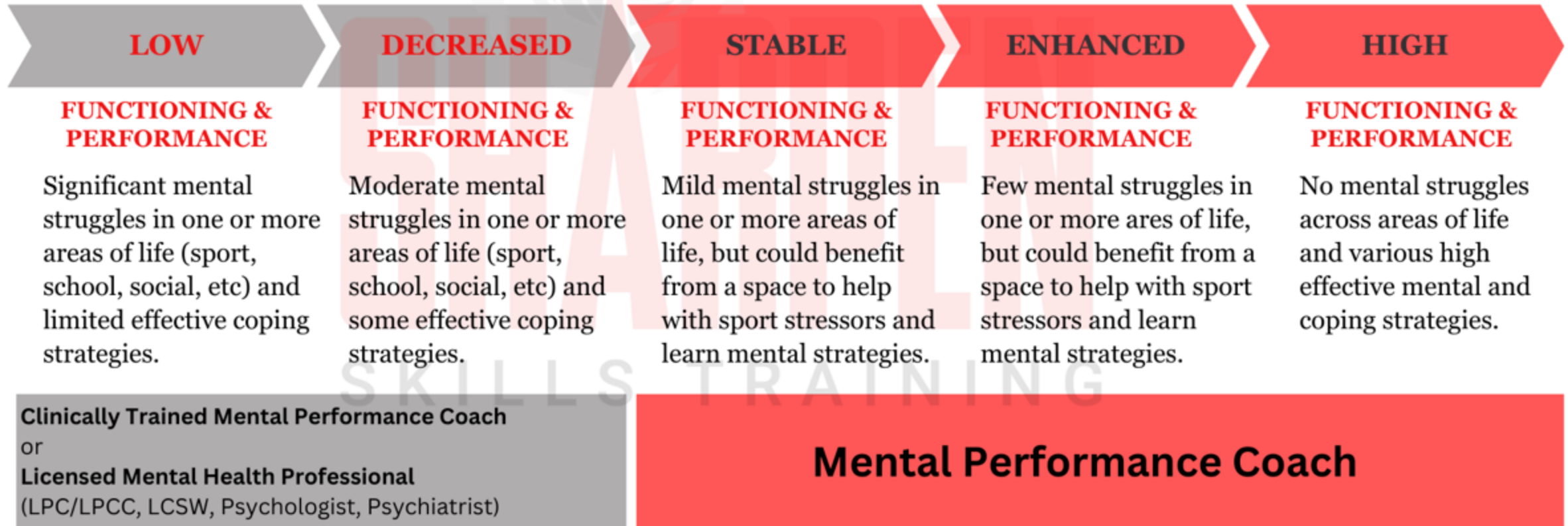


# How to Identify the Right Provider

## The Mental Health and Mental Performance Services Continuum

It is important to note that an individual's mental health and mental performance functioning may or may not be correlated.

- An athlete or performer could be struggling in life but doing really well in their sport/area of performance. In this case, they may need a mental health provider.
- On the other hand, a person could be doing well in their personal life but really struggling in terms of their mental performance in sport/performing. In this case they would be better served by a Mental Performance Coach.



\* Clinically trained = qualified, licensed mental health provider in their field and jurisdiction.