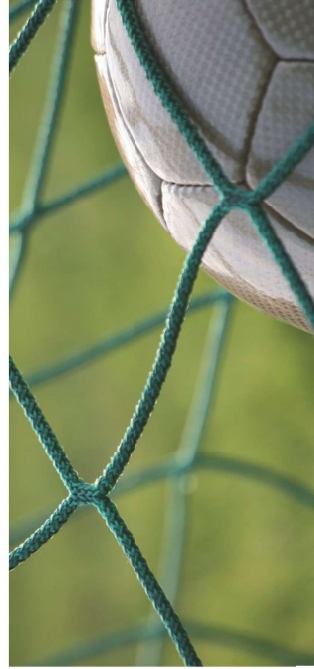


Elite sport has a high potential for developing and supporting an athlete's teamwork capabilities, self-concept and personality. However, the high mental and social strains that exist alongside the physical demands represent a concurrent threat to the mental health of athletes.

Goals

- **Preservation and promotion** of mental health in elite sport.
- **Early detection and prevention** of mental problems, such as excessive stress, depression and burnout in elite sport.
- **Referral** of individual cases to the correct therapy professional.

The coordination office of MentalEmpowerment at the German Sport University Cologne connects experts and institutions to inform and support elite athletes in terms of health maintenance, disease prevention and strain.



Please call
0221 - 49 82 55 40
for further information.

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Mental Empowerment

mental health in
elite sport

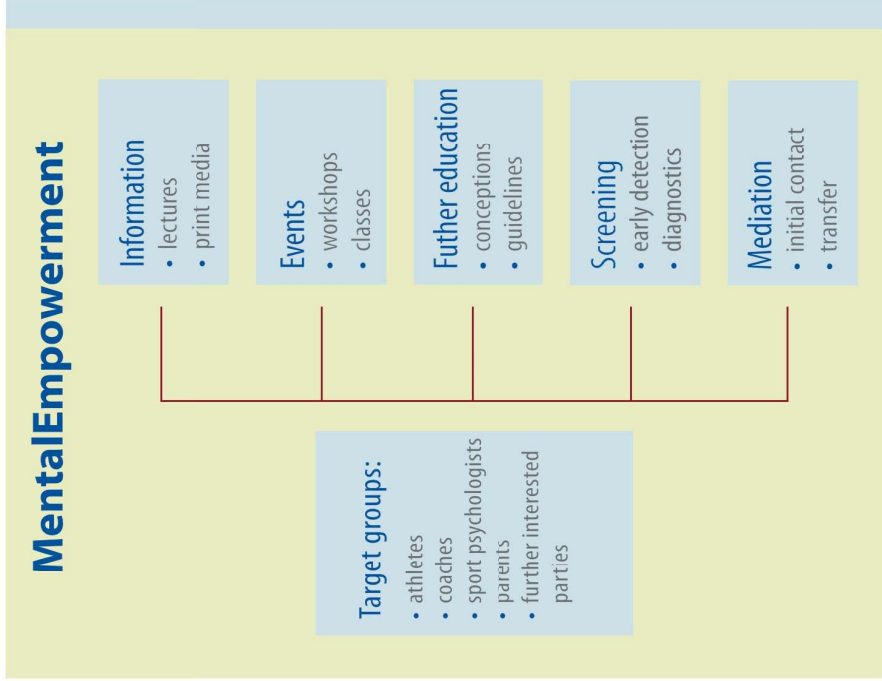
"Never start stopping and never stop starting."
(Marcus Tullius Cicero)



Deutsche
Sporthochschule Köln
German Sport University Cologne



VBG
Ihre gesetzliche
Unfallversicherung



Information

MentalEmpowerment offers extensive information about “mental health in elite sport”. Find out more at www.mentalempowerment.de. Alternatively, contact our coordination office or request our free guide about stress management in elite sport.



Events

MentalEmpowerment conceptualizes and organizes lectures, presentations, symposia and theme days for a range of target groups. We also promote events run by external providers, including links to their websites, as long as they meet our quality criteria. Experts and lecturers for special events can be requested.

Screening

MentalEmpowerment identifies, modifies and endorses instruments for early detection and screening of mental health issues and illnesses. This process involves assessing development conditions, early symptoms of mental illness and potential barriers for strengthening resources. An outline of the steps involved in this process, along with specific procedures and recommended activities, can be found on the MentalEmpowerment website.

Futher education

MentalEmpowerment supports external apprenticeships and continued or advanced education related to the topic of mental health in elite sport. Two types of support are offered:

- (1) Programs from external organizations are evaluated by MentalEmpowerment. Recommendations for modifications and counseling suggestions are provided.
- (2) Upon request, MentalEmpowerment recommends expert speakers to provide further education.

Mediation

In order to provide assistance, coaching and therapy quickly and locally, MentalEmpowerment liaises between a network of experts from sport psychology, psychotherapy and psychiatry. For clinically relevant issues please contact the advice hotline of the Robert-Enke-Stiftung.

