Taking care of your mind is just as important as taking care of your body, and the IOC understands how important it is to have someone to talk to when you’re in need of support. This is why we have set up the Mentally Fit Helpline, a free and confidential mental health counselling service available during Games-time to all Tokyo 2020 Olympians and Paralympians.

**LIVE ASSISTANCE IS ALWAYS AVAILABLE**
As an Olympic or Paralympic athlete, you have access to free, confidential assistance for both sports-related and personal concerns. You can contact us 24 hours a day for live assistance including short-term professional counselling or in-the-moment telephonic or video support.

**WE ARE HERE TO SUPPORT YOU**
Professionals are ready to assist you with issues that matter to you.

**Topics include, but are not limited to:**
- Managing pressure
- Feeling burnt out/overwhelmed
- Harmony between sport and home life
- Managing life and/or career changes
- Handling stress
- Improving communication
- Dealing with injury
- Managing anxiety
- Depression
- Disordered eating
- Bullying, harassment and abuse
- Parenting

**THE SERVICE IS CONFIDENTIAL**
Support is provided by dedicated professionals who are completely independent of your coaches, your team and the IOC. Our team is bound by professional standards regarding confidentiality and does not disclose details of individuals who have contacted the service. Any information you share is at your discretion and will not be shared.

**YOU’RE SUPPORTED WORLDWIDE**
- Available 24 hours a day, 7 days a week
- Access available worldwide by phone, email, or web
- Provides information and counselling on any issue that matters to you
- FREE – there is no cost to use the service
- Support is available in your language
### ACCESS IS EASY.

No matter when, no matter where, you have free, confidential support by phone, email, or web. Call or log on to get started.

**WEBSITE:** [http://global.helpwhereyouare.com](http://global.helpwhereyouare.com)

**COMPANY CODE:** Athlete365

**E-MAIL:** support@resourcesforyourlife.com

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**Language** | **Direct Dial Number** | **Hours** | **Routing Description** | **ICY Access Codes**
---|---|---|---|---
Arabic | +44 12 8722 1871 | SUN-TH 9am-5pm | +44 12 8722 1871 is answered in Arabic during hours of SUN-TH 9am-5pm (GMT+4). All other hours are supported in English. Language Line will be utilized for any support needs in Arabic. | 212859
Bahasa Indonesia | +62 02180657679 | M-F 9am-5pm (GMT+7) | +62 02180657679 is answered in Indonesian during hours of M-F 9am-5pm (GMT+7). All other hours are supported in English. Language Line will be utilized for any support needs in Indonesian. | 212860
Brazil Portuguese | +55 11 3350 07922 | Full Day (24/7) | +55 11 3350 07922 is answered in Portuguese - Brazilian 24/7 | 212861
Canadian English | +1 416 956 2979 | Full Day (24/7) | +1 416 956 2979 is answered in Canadian English 24/7 | 212862
Canadian French | +1 416 956 2979 | Full Day (24/7) | +1 416 956 2979 is answered in Canadian French 24/7 | 212863
Czech | +420 239 018 289 | Full Day (24/7) | +420 239 018 289 is answered in Czech 24/7 | 212864
Danish | +44 2089876273 | Full Day (24/7) | +44 2089876273 is answered in English 24/7. Language Line will be utilized for any support needed in Danish. | 212865
Dutch | +32 92415485 | Full Day (24/7) | +32 92415485 is answered in English 24/7 | 212866
English | +44 2089876273 | Full Day (24/7) | +44 2089876273 is answered in English 24/7. | 212867
Finnish | +44 2089876273 | Full Day (24/7) | +44 2089876273 is answered in English 24/7. Language Line will be utilized for any support needed in Finnish. | 212868
French | +33 359711203 | Full Day (24/7) | +33 359711203 is answered in French 24/7. | 212869
German | +49 322 2109 5114 | Full Day (24/7) | +49 322 2109 5114 is answered in German 24/7 | 212870
Hindi | +91 80 66080801 | M-F (24/7) | +91 80 66080801 is answered in Hindi or English M-F 24/7. All other hours are supported in English. Language Line will be utilized for any support needed in Hindi outside of business hours. | 212871
Hungarian | +36 1 999 6726 | Full Day (24/7) | +36 1 999 6726 is answered in Hungarian 24/7 | 212872
Icelandic | +44 2089876273 | Full Day (24/7) | +44 2089876273 is answered in English 24/7. Language Line will be utilized for any support needed in Icelandic. | 212873
Italian | +39 02 8710 3897 | Full Day (24/7) | +39 02 8710 3897 is answered in Italian 24/7 | 212874
Japanese | +81 36866 2815 | Full Day (24/7) | +81 36866 2815 is answered in Japanese 24/7 | 212875
Korean | +82 70 4732 0469 | Full Day (24/7) | +82 70 4732 0469 is answered in Korean 24/7 | 212876
LATM Spanish | +52 55 8526 4935 | Full Day (24/7) | +52 55 8526 4935 is answered in Spanish - LATAM 24/7. | 212877
Malay | +60 377240442 | Full Day (24/7) | +60 377240442 is answered in Malay 24/7. | 212878
Norwegian | +47 2405 5493 | Full Day (24/7) | +47 2405 5493 is answered in Norwegian | 212879
Spanish | +34 918 368 897 | Full Day (24/7) | +34 918 368 897 is answered in Spanish - Europe 24/7 | 212880
Swedish | +46 7 7575 7455 | Full Day (24/7) | +46 7 7575 7455 is answered in Swedish 24/7 | 212881
Thai | +66 2 105 6145 | M-F 10am-5pm (GMT+7) | +66 2 105 6145 is answered in Thai M-F 10am-5pm (GMT+7). All other hours are supported in English. Language Line will be utilized for any support needed in Thai outside of business hours. | 212882
Turkish | +90 850 390 2141 | Full Day (24/7) | +90 850 390 2141 is answered in Turkish 24/7. | 212883
US English | +1 984 239 2338 | Full Day (24/7) | +1 984 239 2338 is answered in US English 24/7 | 212884