



照顾好自己的身体很重要，同时还要照顾好自己的心灵。国际奥委会深知，在你需要帮助的时候，找人倾诉非常重要。我们为此设立“心理健康热线”，在奥运会期间，向所有2020年东京奥运会和残奥会运动员免费提供隐秘的心理健康咨询服务。

随时提供即时援助

奥运会或残奥会运动员在遇到与体育有关的困扰和个人困扰时，可以免费获取隐秘的援助服务。一天24小时都可以与我们联系，获取实时援助，包括短期专业辅导或即时电话或视频支持。

我们专门为你提供支持

专业人士随时准备就对你有影响的任何问题，为你提供援助。

涉及的话题如下（但不仅限于此）：

- 管理压力
- 感到心力交瘁/茫然不知所措
- 运动与家庭生活的和谐
- 应对生活中和/或职业上的变化
- 应对压力
- 改善沟通技巧
- 伤害处理
- 管理焦虑
- 抑郁
- 饮食失调
- 霸凌、骚扰和虐待

这是一项隐秘服务

提供支持服务的专职专业人员与你的教练、团队和国际奥委会都没有任何关系。我们的团队必须遵守专业保密标准，不会对外披露与本服务联系的个人资料。你想分享什么信息，由你自行决定，这些信息不会被透露个任何其他方面。

在全世界均可接受支持服务

- 每周7天，每天24小时，随时接受服务
- 可通过电话、电子邮件或电脑网络，在全球任何地方接受服务
- 就对你有影响的任何问题，提供有关信息和辅导
- 免费——使用该服务无需支付任何费用
- 以你所用的语言提供服务



支持，助你保持最佳状态。

Language		Direct Dial Number	Hours	Routing Description	iCY Access Codes
Arabic	العربية	+44 12 8722 1871	SUN-TH 9am-5pm (GMT+4)	+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	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	Português do Brasil	+55 11350 07922	Full Day {24/7}	+55 11350 07922 is answered in Portuguese - Brazilian 24/7	212861
Canadian English	Canadian English	+1 416 956 2979	Full Day {24/7}	+1 416 956 2979 is answered in Canadian English 24/7	212862
Canadian French	Français canadien	+1 416 956 2979	Full Day {24/7}	+1 416 956 2979 is answered in Canadian French 24/7	212863
Czech	Čeština	+420 239 018 289	Full Day {24/7}	+420 239 018 289 is answered in Czech 24/7	212864
Danish	dansk	+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	Nederlands	+32 92415485	Full Day {24/7}	+32 92415485 is answered in English 24/7	212866
English	English	+44 2089876273	Full Day {24/7}	+44 2089876273 is answered in English 24/7.	212867
Finnish	suomi	+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	Français	+33 359711203	Full Day {24/7}	+52 55 8526 4935 is answered in French 24/7.	212869
German	Deutsch	+49 322 2109 5114	Full Day {24/7}	+49 322 2109 5114 is answered in German 24/7	212870
Hindi	हिंदी	+91 80 66080081	M-F {24/7}	+91 80 66080081 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	magyar	+36 1 999 6726	Full Day {24/7}	+36 1 999 6726 is answered in Hungarian 24/7	212872
Icelandic	Íslenska	+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	Italiano	+39 02 8710 3897	Full Day {24/7}	+39 02 8710 3897 is answered in Italian 24/7	212874
Japanese	日本語	+81 36866 2815	Full Day {24/7}	+81 36866 2815 is answered in Japanese 24/7	212875
Korean	한국어	+82 70 4732 0469	Full Day {24/7}	+82 70 4732 0469 is answered in Korean 24/7	212876
LATM spanish	LATM español	+52 55 8526 4935	Full Day {24/7}	+52 55 8526 4935 is answered in Spanish - LATAM 24/7.	212877
Malay	Melayu	+60 377240442	Full Day {24/7}	+60 377240442 is answered in Malay 24/7.	212878
Norwegian	norsk	+47 2405 5493	Full Day {24/7}	+47 2405 5493 is answered in Norwegian	212879
Spain Spanish	España Español	+34 918 368 897	Full Day {24/7}	+34 918 368 897 is answered in Spanish - Europe 24/7	212880
Swedish	Svenska	+46 7 7575 7455	Full Day {24/7}	+46 7 7575 7455 is answered in Swedish 24/7	212881
Thai	ไทย	+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	Türkçe	+90 850 390 2141	Full Day {24/7}	+90 850 390 2141 is answered in Turkish 24/7.	212883
US English	US English	+1 984 239 2338	Full Day {24/7}	+1 984 239 2338 is answered in US English 24/7	212884

接受服务很容易。

无论何时何地，你都可以通过电话、电子邮件或电脑网络免费获得支持，并且此活动会受到保密。

打个电话，或者登录网站，即可开始。

网站：<http://global.helpwhereyouare.com>

公司代码：运动员365

Mental Health



#MentallyFit | Athlete365