

Guide to mental health

for Athletes, Marshals, Officials, and all those involved

initial situation

Accidents, injuries, or life-threatening events are among the greatest psychological stresses in motorsports. Even without being physically involved themselves, witnesses, helpers, or officials can be severely affected emotionally. Mental stability is part of safety—for yourself and others.

Immediately after the event

Establishing calm and orientation

- Distance yourself from the situation (physically and emotionally)
- Take a few deep breaths
- Accept reactions: trembling, feeling empty inside, restlessness, crying are normal

Communication

- Encourage open, calm conversations within the team (“How are you doing right now?”)
- Do not pressure anyone to talk, but listen if someone wants to talk
- No blame or speculation

If the stress persists for a longer period of time

Recognizing warning signs

- Persistent sleep problems, flashbacks, irritability, withdrawal, concentration problems
- Persistent feelings of guilt or indifference toward the sport

Long-term prevention

- Regular training on mental health and crisis management
- Teams should appoint designated contact persons for mental health issues
- Train mental strength—not just physical strength

„Strong people recognize when they need support—and seek it out.“

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