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FOR IMMEDIATE RELEASE

MENTAL TIMEOUT RETURNS IN 2025 WITH BIANCA ANDREESCU, ALEXIS GALARNEAU AND ROB SHAW CONTINUING AS PROGRAM AMBASSADORS

Initiative enters its fourth year as Tennis Canada reaffirms its commitment to mental health and wellness

[TORONTO, ON] May 7, 2025 – To mark the start of Mental Health Awareness Month, Tennis Canada is delighted to announce the return of the **Mental Timeout initiative supported by Beneva** and 2019 US Open champion Bianca Andreescu, 2022 Davis Cup winner Alexis Galarneau and Paralympian Rob Shaw as program ambassadors in 2025. Beneva, the largest mutual insurance company in Canada, will also return as supporting partner.

The Mental Timeout initiative is entering its fourth year since its launch in 2022 and will continue to build on Tennis Canada’s purpose to champion positive tennis experiences and commitment to ensure a safe, healthy and supportive environment for all Canadians who pick up a racquet or engage with the sport.

As its [popularity continues to soar](#), tennis remains a leader in promoting mental health in Canadian sport. Studies show that tennis improves mental agility and fosters social inclusion, bringing together communities and individuals from all walks of life, which is a proven factor in supporting long-term health. The Mental Timeout initiative is a core element of the Promote pillar of Tennis Canada’s pioneering [Mental Health Strategy](#), developed and implemented in partnership with the University of Ottawa, Own the Podium, the Canadian Centre for Mental Health and Sport (CCMHS), and Game Plan, which is the first of its kind among National Sport Organizations (NSOs) in Canada.

“While sport is considered an outlet for many, mental health remains an important topic of conversation, especially for athletes who receive negative or hateful comments and are subject to exhaustive schedules,” said Marie-Josée Bellemare, Director of Wellness, Tennis Canada. “This makes the Mental Timeout initiative supported by Beneva more important and relevant than ever. We’re proud of the work our organization continues to do in this space, both in terms of what we offer our high-performance athletes, and the resources made available to Canadians across the country.”

HOW IS TENNIS CANADA BRINGING MENTAL TIMEOUT TO LIFE IN 2025?

The **Positive Court Pledge** – a written commitment to ensure a positive environment for all athletes performing in Canada – remains a key pillar of Mental Timeout. This year, the pledge has become a mandatory requirement for all athletes competing in national events sanctioned by Tennis Canada, such as the Fischer Junior Nationals, Steve Stevens Masters and Birmingham Nationals. It is also embedded within Tennis Canada’s Sport Safety practices and is part of the organization’s Sport Safety Code of Conduct, which all federation staff, national level participants and Tennis Professionals Association (TPA)-certified coaches are required to sign each year.



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Mental Timeout will continue have a prominent place at the National Bank Open presented by Rogers (NBO), through the **Tennis Therapy** initiative. Aiming to minimize stress experienced by players, meditation zones and access to mental health experts will be available to athletes at the NBO in Toronto and Montreal. Mental health panels will also be hosted in each city with Andreescu confirmed to take part in Montreal and Galarneau and Shaw set to participate in Toronto. Further details regarding the panels will be confirmed in the coming months.

During 407 ETR Family Weekend in Toronto and IGA Family Weekend in Montreal (both July 26-27), yoga and zootherapy activities will be available to fans once again. Meanwhile, the introduction of a large coloring wall and stations for kids on-site will provide a creative outlet for fans wanting to take a Mental Timeout of their own.

Mental Health High-Five “Cam”

This year at the NBO, a new pre-match ritual will be introduced before Centre Court matches at Sobeys Stadium and IGA Stadium. The Mental Health High-Five “Cam” will encourage fans share a high-five with the person sitting next to them, creating a wave of positivity across the stadiums ahead of each match. The videoboards will show these entertaining interactions and will direct fans to learn more about Mental Timeout and Tennis Canada’s wider Mental Health Strategy.

AMBASSADOR QUOTES

“I’m delighted to return in my role as an ambassador of the Mental Timeout initiative supported by Beneva. This program is very close to my heart and I’m excited about its evolution since we started on this journey with Tennis Canada in 2022. It’s inspiring to see the work being done by the federation, the progress being made, and it’s my pleasure to support this initiative and lend my voice to it. Hopefully, we can continue to encourage others to share their stories and contribute positively to the conversation.”

- Canadian and 2019 US Open champion, **Bianca Andreescu**

“As I enter my third year as an ambassador of the Mental Timeout initiative, I’m highly encouraged by the importance being placed on the mental health discussion in Canadian tennis. I know first-hand how mental health challenges can effect on-court performance, and vice-versa, and have opened up about that recently. I look forward to helping spread the word about the great work being done by Tennis Canada in this space.”

- Canadian and 2022 Davis Cup champion, **Alexis Galarneau**

“I’ve enjoyed my time as an ambassador of the Mental Timeout initiative so far and I’m delighted to continue in that role in 2025. Also a member of the steering committee for Tennis Canada’s long-term mental health strategy, I have been able to contribute to meaningful conversations and bring a new perspective to the table as a para-athlete. I look forward to continuing this work, and to being part of the mental health panel during this year’s National Bank Open presented by Rogers in Toronto.”

- Canadian and Paralympian, **Rob Shaw**

About Tennis Canada



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Founded in 1890, Tennis Canada is a non-profit, national sport association with a mission to lead the growth, development and promotion of tennis in Canada and a vision to be a world-leading tennis nation. We value teamwork, passion, integrity, innovation and excellence. Tennis Canada owns and operates the premier National Bank Open presented by Rogers WTA and ATP Tour events, four professional ATP and ITF sanctioned events and financially supports four other professional tournaments in Canada. Tennis Canada operates junior national training centres/programs in Toronto, Montreal and Vancouver. Tennis Canada is a proud member of the International Tennis Federation, the Canadian Olympic Committee and the Canadian Paralympic Committee, and serves to administer, sponsor and select the teams for Davis Cup, Billie Jean King Cup, the Olympic and Paralympic Games and all wheelchair, junior and senior national teams. Tennis Canada invests its surplus into tennis development. For more information on Tennis Canada please visit our website at: www.tenniscanada.com and follow us on LinkedIn, X, Facebook and Instagram.

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