



# FROM THE INSIDE OUT

IT'S OKAY TO NOT BE OKAY

RESOURCE GUIDE



PROFESSIONAL ATHLETES FOUNDATION



*It takes strength and courage to focus on your  
mental health above everything else.*

*In this guide, you will find tips and reminders regarding  
various resources to use when you may experience a  
mental health challenge or when helping a loved one  
navigate theirs.*

*Emotional distress is a state of mental anguish that can take a wide variety of forms.*

# DISTRESS

## SIGNS OF DISTRESS:

- Sudden isolation
- Loss of interest in people or activities
- Engaging in impulsive or reckless behavior
- Extreme behavior changes
- Constant negative-talk



## HOW TO APPROACH SOMEONE IN DISTRESS:

- Listen without Judgement
- Ask them what would help them
- Ask who their support network is
- Know your limits
- Let them share as much or as little as they want
- Direct them to resources

# GRIEF

*Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away.*

**THE PAIN OF LOSS CAN FEEL OVERWHELMING & THERE IS NO "NORMAL" TIMETABLE.**

## STEPS TO PROCESS GRIEF

A Nonlinear Journey

*Acknowledge the pain.*

1

2

*Accept that grief can trigger many different & unexpected emotions: shock, sadness, anger, guilt, fear, etc.*

*Understand that the grieving process is unique.*

3

4

*Find ways to support yourself physically.*

*Seek out support from those that care about you.*

5

6

*Recognize the difference between grief & depression.*



*Depression is the most common mental disorder in the US. While common, remember, it is treatable.*

# DEPRESSION

## TRIAL & ERROR

Just like many other medical diagnoses, finding treatment for one's depression can take time and involve some "trial and error" with a healthcare professional.

## GRIEF VS. DEPRESSION

- *Natural reaction to loss*
- *Both universal & personal experience*
- *Individual experiences of grief vary and are influenced by the nature of the loss*

- *Common but serious mood disorder*
- *Causes severe symptoms that affect how you feel, think, & handle daily activities, such as sleeping, eating, or working*
- *Symptoms must be present for at least 2 weeks to be diagnosed with depression*

### EXAMPLES OF LOSS:

death of a loved one, ending of an important relationship, job loss, loss through theft, loss of independence via disability.

# RESOURCES

Part I

@YOURPAF  
@PLAYERSTRUST  
@NFLPAFORMERPLAYERS  
@NFLPA



**ALL FORMER PLAYERS**  
*Regardless of seasons*



- FINANCIAL HARDSHIP HELP
- WELLNESS RESOURCES
- SUPPORT GROUP OFFERINGS

» [PAF@NFLPA.com](mailto:PAF@NFLPA.com)  
800-372-2000  
[yourpaf.com](http://yourpaf.com)

**FORMER PLAYERS**  
2+ Credited Seasons



- CAREER & EDUCATION
- CRITICAL CARE PROGRAM
- PERSONAL DEVELOPMENT

» [info@playerstrust.com](mailto:info@playerstrust.com)  
(866) 725-0063  
[playerstrust.com](http://playerstrust.com)

**"GET HELP" EMERGENCY HOTLINE:**  
**(877) 363-8062**

# RESOURCES

## Part 2

*We've developed trusted partnerships to fill in the gaps & provide the care our player community seeks.*

### **CIGNA'S NFL WORK/LIFE RESOURCES PROGRAM**

*(866)-421-8628 | Up to 8 free counseling sessions per concern per calendar year for individual, couple, & family therapy for former NFL players.*

### **NFL LIFE LINE**

*Call (800) 506-0078 or Live Chat via [nfllifeline.org](https://nfllifeline.org) | Provides independent, confidential crisis support 24/7 to players & loved ones*

### **NFL DEDICATED HOSPITAL NETWORK**

*(800) NFL-GOAL; prompt 3 | Eligible for vested players under the age of 65. Can cover mental health services: outpatient, IOP, and PHP.*

### **SILENCE THE SHAME**

*[silencetheshame.org](https://silencetheshame.org) | The official NFLPA Wellness Partner of 2020, STS provides a wealth of resources and trainings. Email [paf@nflpa.com](mailto:paf@nflpa.com) if you'd like to learn more.*

### **988 SUICIDE & CRISIS LIFELINE**

*Call or Text 988 | If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the US.*

**IF YOU DON'T SEE WHAT YOU ARE LOOKING FOR, PLEASE REACH OUT TO A NFLPA STAFF MEMBER TO DISCUSS.**



TAKE A DEEP BREATH  
IT'S OKAY TO NOT BE OKAY

PAF@NFLPA.com  
800-372-2000  
[yourpaf.com](http://yourpaf.com)  
@yourpaf

