

Talking Points for Notifying Players and Staff, in Person, of a Death

These talking points offer general guidance to assist in the difficult task of notifying players, former players, and staff members of a death.

In relating facts about a death, keep the facts very general. If the death involved suicide, do not provide details about the method or location of death.

Take control of your mental well-being:

- Mental well-being is just as important as physical well-being.
- We all need support with difficult situations at times.
- Think about how you've coped with difficulties in the past and use those same coping skills now.

Know where to turn:

- Crisis response services
- The team, family members, friends, faith leaders, and health care professionals
- NFL Life Line: (800) 506-0078
- Cigna Employee Assistance Program: (866) 421-8628

Suicide is complex (when death is a suicide):

- It is not caused by a single event, but almost always has several contributing factors.
- An underlying mental disorder, like depression or substance abuse, often contributes to suicide.

Common reactions:

- Everyone reacts to news of a death differently, but there are some common reactions.
- Expressing grief is normal.
- Anger at the deceased is common; it doesn't mean you didn't care about [him/her].
- You may feel guilty or responsible in some way, but we cannot control the actions of others.
- Many people ask "why?" after a death, but we will never really know.

Funeral/memorial arrangements:

- Funeral/memorial arrangements will be arranged by/are being made _____.

Media inquiries:

- Our media spokesperson is _____.
- Do not speak to the media. This is to protect the privacy of the family and team.