



Internal End-of-Season Memo

Appendix M

Internal Memo for End-of-Season Support

Date: [Date]

To: Players

From: [Coach and/or Support Staff]

Re: Continuing support during the off-season

Earlier this season, our team experienced a great loss that has impacted all of us in some way. The team members, with the help of NFL resources, have held together and supported each other. Now that the season is ending, it is important to know where to get support during the off-season.

If you or someone you know needs extra assistance or support, there are several places to turn:

- Our Director of Player Engagement [insert name and number] and our team mental health professional [insert name and number] are here to help you take control of your mental well-being.
- The NFL Life Line—(800) 506-0078 and www.NFLLifeLine.org—offers information about emotional wellness, a self-check quiz, video testimonials from former NFL players, and a confidential, independent help line and online chat service—all here for you or someone you care about to offer support with personal, relationship, or emotional issues.
- Through Cigna's **Employee Assistance Program, (866) 421-8628**, you can access counseling and mental health support.

During the season, our practices, meetings, drills, games, and travel provided a very structured routine. Routines like these are crucial to staying healthy and active, and coping with stress. Make sure you find your own routine during the off-season.

The Director of Player Engagement or team mental health professional may ask to check in with you during the off-season to help us all stay connected.