



# IF YOU'RE IN DISTRESS, DON'T GO IT ALONE.

Trained professionals are available to help you handle the situation. Below are the NFL's recommended resources for crisis and mental health support. Rest assured that all communications are 100% confidential. Caring assistance is just a phone call away.

## ○ **NFL LIFE LINE (800) 506-0078**

A free resource that connects you with trained counselors to work through any emotional crisis, including suicidal thoughts or personal distress.

## ○ **NATIONAL DOMESTIC VIOLENCE HOTLINE (800) 799-SAFE (7233)**

Highly trained advocates are available 24/7 to provide the support you deserve. No fees, no names, no judgment.

## ○ **NFL COUNSELING & ASSISTANCE PROGRAM (866) 421-8628 (OPTION 4)**

Up to 8 face-to-face counseling sessions at no charge with a licensed professional near you – for any mental health issue, including substance abuse.

Two additional resources that offer former players (and players transitioning from active play) support, strength and hope are the **Professional Athletes Foundation** and **The Trust**. To learn more about these programs or the ones listed above, simply click on the program or go to the next page.

### **NFL CRISIS AND MENTAL HEALTH RESOURCES**

#### **NFL Life Line - (800) 506-0078**

For any emotional crisis, including suicidal thoughts or personal distress.

#### **National Domestic Violence Hotline**

**(800) 799-SAFE (7233)**

For crisis intervention, safety and support related to domestic violence.

#### **NFL Counseling & Assistance Program**

**(866) 421-8628 (option 4)**

Referrals and support for any substance abuse or emotional health issue.



### **PRINT & SAVE THIS WALLET CARD**

A crisis can happen at any time.  
Be prepared with contact info right in  
your wallet.



# TOTAL WELLNESS



# NFL LIFE LINE

## (800) 506-0078



The NFL Life Line offers free confidential crisis support for the entire NFL family. It is an independently operated resource that connects callers with trained counselors who can assist with any personal or emotional challenge. Callers may remain anonymous, if desired. If you or a loved one is experiencing emotional distress, thoughts of suicide, or feel unable to cope with a life situation, please call us. We're here for you any time of the day or night.

- Free emotional crisis phone support 24/7/365
- Online chat available through website
- Completely confidential – no personal information (if given) is ever shared with the NFL

For more information visit [NFLlifeline.org](https://NFLlifeline.org)



**TOTAL  
WELLNESS**

# NATIONAL DOMESTIC VIOLENCE HOTLINE (800) 799-SAFE (7233)



The National Domestic Violence Hotline is a vital link to safety for women, men, children and families affected by domestic violence. They provide confidential one-on-one support, crisis intervention, options for next steps and direct connection to sources for immediate safety. Bilingual advocates are on hand to speak with callers, and their Language Line offers translations in 170+ different languages.

The Hotline is also an excellent source of help for concerned friends, family, coworkers and others seeking information and guidance on how to help someone they know. Callers may remain anonymous, if desired.

The NFL is proud to be a supporting partner of the Hotline and we are committed to providing this vital nonprofit with the resources they need to help as many callers as possible.

- Free domestic violence phone support 24/7/365
- Online chat support every day 7am – 2pm (Central)
- Completely confidential – caller info (if given) is never shared with the NFL

For more information visit [thehotline.org](https://thehotline.org)



**TOTAL  
WELLNESS**



# NFL COUNSELING & ASSISTANCE PROGRAM (866) 421-8628 (OPTION 4)

If you or anyone in your household is dealing with a substance abuse or mental health issue, you can get referrals and up to 8 face-to-face counseling sessions at no charge with a licensed professional near you. The NFL Counseling and Assistance Program has a wide range of resources available to guide you back on track from challenges such as stress, anxiety, depression, anger, grief, eating disorders, drug or alcohol abuse and other behavioral health issues.

- Up to 8 face-to-face sessions per issue per year at no charge
- Assistance finding in-network counselors in your area
- Referrals to many resources in your community
- Completely confidential — managed by Cigna, not the NFL

For more information visit [CignaBehavioral.com](https://CignaBehavioral.com)



log in using the employer ID: NFL



**TOTAL  
WELLNESS**

# PROFESSIONAL ATHLETES FOUNDATION (PAF) (800) 372-2000



The Professional Athletes Foundation (PAF) was founded to support, strengthen and inspire players as they transition from their active NFL careers.

Included in the many services offered are:

- Mental Health Support
- Addiction Counseling
- Partner, Spouse & Family Counseling

For more information visit [YourPAF.com](https://YourPAF.com)



TOTAL  
WELLNESS

# THE TRUST

(866)-725-0063



The Trust was created to provide former and transitioning players with the personalized support and guidance they need as they make the sometimes challenging transition from their professional football career to life off the field.

All players with two or more credited seasons are eligible for The Trust.

## Areas of support include:

- Health
- Personal Interaction
- Financial Planning

For more information visit [playerstrust.com](https://playerstrust.com)



**TOTAL  
WELLNESS**