SUPPORTING A TEAMMATE'S EMOTIONAL AND MENTAL WELL-BEING AFTER A CONCUSSION

A sport-related concussion can be caused by a direct or indirect blow to the face, head or body

After a concussion, your teammate can experience **physical** symptoms, like headaches and dizziness, as well as **psychological** symptoms which can affect their:





Emotional health

After a concussion, athletes cannot participate in many of their everyday activities. This can impact their friendships, including their relationships with teammates.

As a result, many athletes **feel lonely** and/or **anxious** after their injury.

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Mental health

After a concussion, your teammate may report mental health challenges, like anxiety. In fact, almost

25%

of concussed athletes

experience **anxiety** and **mood-related issues** as their main symptom (Kontos, 2019).



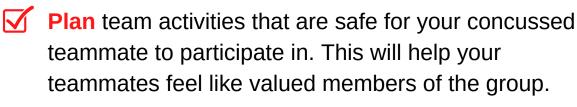
Feeling pressure or a lack of support from sources like teammates can cause athletes to 1) continue playing through a concussion or 2) feel pressured to return to sport before they are ready.

Did you know?

Student-athletes who experience pressure from teammates, parents, and fans **are less likely to report future concussion symptoms** than their peers who experience pressure from fewer sources (Kroshus et al., 2015).

What can you do to support a teammate after a concussion?

- Learn about the different psychological symptoms (including emotional and mental health) your teammate might face after suffering a concussion.
 - For example, organize a team discussion about concussions or look at your sport's concussion protocols and policies.



- For example, organize a team walk or a team lunch.
- Reach out to your teammate to see how they are doing. Ask them how you can help them during their recovery.
 - Keep injured teammates in the loop with team activities throughout their recovery (for example, group chat).

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