

# 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:



## 1 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.

## 2 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.



✓ **Plan** team activities that are safe for your concussed teammate to participate in. This will help your teammates feel like valued members of the group.

- 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).

by Cadotte, G.\*, Normandin, B.\*, & Caron, J.G.

\*authors with an equivalent contribution

The University of Montreal's Sport Psychology Laboratory created this infographic with financial support from the Sport Information Resource Centre (SIRC) and the Government of Canada. Visit [sirc.ca](http://sirc.ca) to learn more.

Université  de Montréal

 SIRC