

...D BUT TOO MUCH. I LOST MY TEMPER  
...AINING - I WAS HAVING A PANIC ATTACK, BUT  
...Y TEAM MATES COULDN'T UNDERSTAND.

SESSIONS AND  
SUBBED IN MATC

THAT'S ME OUT, BUT  
FOR HOW LONG?

WITHOUT FOOTBALL AND WITH NOTHING TO FILL  
THE GAP I BECAME MOODY, RESENTFUL,  
ANGRY. THE ROWS WE HAD WERE TERRIBLE -

# FOOTBALLERS' GUIDEBOOK

LIFE AS A PROFESSIONAL FOOTBALLER AND HOW TO HANDLE IT

THE CRON  
I FINALL



I'M ON AN  
ANGER  
MANAGEMENT  
COURSE.

I NEVER  
THOUGHT IT  
WOULD WORK  
FOR ME, BUT  
PART OF IT  
INVOLVES  
KICKING A  
BALL  
AROUND  
AGAIN...



I'M  
NING  
DL OF  
FE.



OH NO, A RED CARD!

THAT'S ME DONE FOR - THAT'S  
ALL THE EXCUSE THE NEW  
BOSS NEEDS TO DROP ME.  
I NEED TO GET MY HEAD  
SORTED OUT. BUT HOW?

ALL I WANT TO  
DO IS ENJOY  
FOOTBALL  
AGAIN.










I'M SORRY - BUT  
I'M STAYING  
HERE AND SO ARE  
THE KIDS.



**SHIFT.**  
Shifting attitudes  
to mental illness.

**time to change**  
let's end mental health discrimination

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Disclaimer: The illustrated scenarios and examples set out in this guidebook are fictional, and all names, characters, places, and incidents either are the products of the authors' imagination or are used fictitiously. Any resemblance to actual events or locales, organisations, or persons, living or dead, is entirely coincidental.

## FOREWORD

Clarke Carlisle, PFA Chariman.

**O**n the 10 November 2009 German goalkeeper Robert Enke took his own life. He had been depressed since the death of his two-year-old daughter Lara who died of a rare heart condition in 2006. Enke's death at the age of just 32 illustrates the most extreme example of how mental health issues can affect an individual – to the point they take their own life.

But talking about mental health problems has traditionally been one of sport's great taboos. When boxer Frank Bruno was sectioned under the Mental Health Act, the tabloid press ran the headline 'Bonkers Bruno locked up'. Unsurprisingly, given this attitude it is very rare for sports men and women to 'come out' about mental ill health voluntarily. It is sadly far more common that any vulnerability is 'outed' by the sports media.

Good mental health is vital for peak performance in sport. Mental health problems affect one in six of the population at any one time. Depression alone affects up to half of us during our lifetimes and affects every family at some stage. Despite this, many people are unaware of the symptoms of mental health problems.

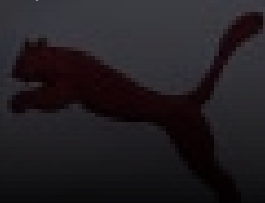
Unsurprisingly, players known for physical fitness rarely talk about mental distress. Indeed many may not recognise what it is or know how to seek help for stress, anxiety or depression when it strikes.

The Sporting Chance Clinic, founded by Tony Adams, the former England captain who has written and talked about his own struggle with mental ill health and alcohol dependency - was set up to support sports men and women who experience similar problems and need professional help to overcome them.

I am proud then to present what I think is a groundbreaking guidebook for players. It is first and foremost a football book – fabulously illustrated by artist Paul Trevillion (You are the Ref and Roy of the Rovers) whose vibrant comic strips present scenarios which will be familiar to every footballer and fan.

Paul's illustrations and the text of this guidebook take the first steps to talking about mental health in professional football – and to offering guidance as to where players can find support and help at an early stage.

Football is the beautiful game but it is also a tough game that makes huge demands on its players. This guidebook acknowledges the pressures and it also acknowledges that professional players are human beings not machines.



# FOREWORD

Gary Lewin,  
Physiotherapist to England Senior Men's Team



**F**ootball is all about fitness and my job is to keep players fit. But a player's fitness is not all about the state of his knees or ankles. Very little has been said until now about the mental health of players, the pressures and stresses they face to keep fit and perform 100 per cent every time they run on the pitch. We hear little about the lows players feel when unfit to play, the worry and anxiety that not being selected may cause them or the depression and emptiness many of them face on retirement.

Players are under enormous pressure to stay fit, to perform, to recover quickly from injury and get back on the pitch. And for some that pressure proves too much. Drink, drugs, sex, gambling and other addictions have been the release and the downfall of a number of players who have needed help but not known it.

That's what this guidebook is all about and why it is so welcome. I believe that players will read, recognise and perhaps identify with some of the comic strip scenarios illustrated here by Paul Trevillion. I hope they will feel comfortable enough to use some of the good advice, tips and contacts provided in the book.

## INTRODUCTION

In October 2008 Shift, the national anti stigma and discrimination initiative its partners The Football Association (FA) and the Professional Footballers Association (PFA) held a conference called Mad about Football at the City of Manchester Stadium. One of its aims was to raise awareness of the fact that mental health problems affect one in six of the adult population at any one time – including professional footballers.

It proved difficult to attract players to speak at the conference, the taboos and stigma around mental health problems in sport precluded many from wanting to get involved. But the conference did secure a video message from Stan Collymore, and was supported in person by Tony Adams, former England captain and founder of the Sporting Chance Clinic.

Both the FA and PFA were keen to support the event because both organisations are aware of the mental stresses and strains of playing the game.



The list of football casualties is well known and backed up by the evidence of many football autobiographies, biographies and column inches. How many of these casualties could have been avoided if the players had been able to speak out earlier about their distress and had been supported to seek help before things got out of control?

These were the issues that led to this guidebook and which are highlighted in it with comic strip scenarios and the text which features clips from player autobiographies. We wanted to raise awareness of the factors that can lead to mental distress but put them in a context that would be familiar to players, their families and friends.

I think the scenarios illustrated by Paul Trevillion do just that – they present situations, anxieties, emotions and fears that will be familiar to all.

We can't dispel stigma and taboo in one publication but we can support players to understand that their mental health is as important as their physical health. We can also signpost the support that is available to them.

## SECTION 1:

# INJURY & DEPRESSION

Below we set out some facts and figures about football injuries, how common they are and how injuries can cause injury that is not just physical.

## FACTS ABOUT INJURY

- an injury can cause you to be off the field and on the bench for weeks or even months at a time
- football has a higher incidence of injury than other sports – including boxing and rugby
- \*In two seasons there were 6030 injuries resulting from training and/or competition affecting professional players. Around 75 per cent of players were injured at least once
- around 50 players a year are lost through permanent disability\*
- the average number of injuries per club per season is 39,\* and
- the older you are the more likely you are to get injured.

\* Source: an audit of injuries in professional football. Chairmen/Directors/Managers report. January 2001.

## SOME COMMON FOOTBALL INJURIES

- most football injuries affect the lower half of the body – the groin and pelvis, hip and thigh, knee, calf, foot and ankle
- most football injuries are caused by trauma, such as a collision with an opponent or landing awkwardly from a jump. Approximately one quarter to one third of all football injuries are due to overuse and develop over a period of time, and
- on average players miss four matches per injury, with 78% of the injuries leading to a minimum of 1 match missed. The average number of days lost per injury is around 24 – and based on the incidence of injuries per month the average number of injuries per club per season is 39.\*

I'VE BEEN PLAYING AT THE TOP LEVEL FOR EIGHT YEARS, AND COULD LOOK AFTER MYSELF.

I KNEW THE WEAR AND TEAR MIGHT CATCH UP WITH ME EVENTUALLY, BUT LITTLE DID I KNOW HOW BAD IT COULD BE UNTIL DURING ONE GAME I PUT IN A FIRM BUT FAIR CHALLENGE...

# INJURY & DEPRESSION



MY CARTILAGE HAD GONE - I HEARD THE SOUND.



THE X-RAYS CONFIRMED MY WORST FEARS.

IT'S GOING TO NEED AN OP, I'M AFRAID



SIX WEEKS LATER...

IT'S NOT HEALING AS IT SHOULD BE. YOU'RE GOING TO BE OUT FOR AT LEAST ANOTHER MONTH!



TIME DRAGS ON...



I FEEL TERRIBLE. IT'S NOT JUST THE PAIN - I MISS TRAINING, THE BANTER, THE LAUGHS AND THE MATCH DAYS.

NOW I'M STUCK AT HOME TAKING IT OUT ON THE MISSUS AND THE KIDS.

JUST SHUT UP!



UP ALL NIGHT, WATCHING RUBBISH TV... CAN'T SLEEP... EATING TAKE-AWAY PIZZAS - WHAT'S WRONG WITH ME?



I'M IN CONSTANT PAIN, HOME LIFE IS SUFFERING - I MIGHT EVEN BE FINISHED AS A PLAYER!

I'M SCARED ABOUT THE FUTURE. I CAN'T TALK ABOUT IT, CAN'T THINK STRAIGHT, FEEL SO ALONE -

WHAT AM I GOING TO DO?

TREVILLION

### FICTIONAL EXAMPLE

I've been playing in the Premier League for around 8 years and know that years of wear and tear have weakened both my knees – but especially my right one. It aches after training and I know that my hamstrings and other leg muscles aren't as strong as they used to be despite all the conditioning and strengthening I do. I'm always wary going in for a tackle, but last game I really went for it and ended up twisting wrong and heard the click and just knew it was my cartilage. Straight off I'm thinking that's me out for three months.

The physio explains that I've got two menisci within each knee joint that are made from tough fibro cartilage – one of which is badly torn. He says the flap of torn cartilage has made the knee joint give way – which it just did.

Later after X-rays, the physio tells me that previous damage to the cartilage and this big new tear means that physio alone won't sort it. I will need a meniscectomy – surgical removal of the torn fibro cartilage. After surgery I will need at least six weeks physiotherapy before I am fit again.

I feel dreadful and it's not just physical pain.

I'M IN CONSTANT PAIN, HOME LIFE IS SUFFERING – I MIGHT EVEN BE FINISHED AS A PLAYER!

I'M SCARED ABOUT THE FUTURE. I CAN'T TALK ABOUT IT, CAN'T THINK STRAIGHT, FEEL SO



### FACTS ABOUT DEPRESSION

Every year one person in ten will experience depression or anxiety disorder. This often follows trauma or upset and is more likely with stress.

depression can affect anyone at any age and at any time.

- depression is among the leading causes of disability worldwide affecting about 151 million people at any one time\*
- 21.5% of women and 13.6% of men are experiencing depression or anxiety disorder at any one time\*\*
- mixed anxiety & depression is the most common mental disorder in Britain affecting 11.8% of women and 7.6% of men at any one time
- most people will recover from depression with the right support and/or treatment, and
- getting help early can prevent depression getting worse.

\* (Reference is WHO (2008) The global burden of disease 2004 update)

\*\* (McManus S, Meltzer H, Brugha T et al (2009) Adult psychiatric morbidity in England, 2007. Results of a household survey. Health and Social Information Centre, Social Care Statistics)

GOING TO NEED OP, I'M AFRAID





## WHAT YOU MIGHT FEEL IF YOU ARE DEPRESSED

Depression is different from feeling down or sad. Depressed people can feel anxious, hopeless, negative and helpless and the feeling doesn't pass.

- depression can happen suddenly as a result of physical illness, unemployment, bereavement, family problems or other life changing events
- half of the people who have depression will only experience it once but for the other half it will happen again. The length of time that it takes to recover ranges from a few months to a year or more
- living with depression is difficult for those who experience it and for their family, friends and colleagues, and
- it is sometimes difficult to recognise depression and to know what to do about it.

## WHAT ARE THE SIGNS OF DEPRESSION

Depression shows up in many different ways. You don't always realise what's going on, because your problems seem to be physical, not mental. You might tell yourself you are simply under the weather or feeling tired.

### KEY SYMPTOMS OF DEPRESSION INCLUDE:

- everything is now in production persistent sadness or low mood and/or
- loss of interest or pleasure, and
- fatigue or low energy.

### OTHER SYMPTOMS INCLUDE:

- waking up early, having difficulty sleeping, or sleeping more
- poor or increased appetite
- difficulty remembering things, poor concentration or indecisiveness
- blaming yourself or feeling guilty about things
- feeling low-spirited for much of the time, every day
- lacking self-confidence and self-esteem
- being preoccupied with negative thoughts, and
- self harm or thoughts of suicide.

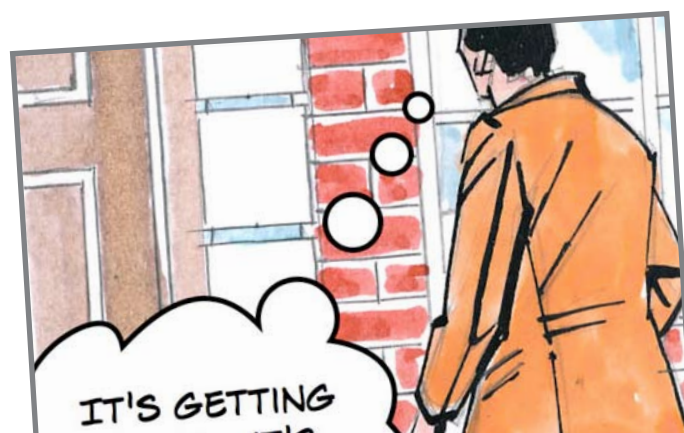
Note: All symptoms listed above are taken from ICD10 used by clinicians to diagnose depression

## FICTIONAL EXAMPLE

I didn't recover as quickly from the op as I hoped. There were complications and the knee didn't heal. I got aches and pains in the other knee because of the extra strain it was taking. I had to rest for 3 weeks before the physio could start.

My life has always been football, training, playing, eating, sleeping – always being part of it. I'm not good at living without the discipline of training every day. Now I go for physio but it hurts like hell and recovery is slow. I'm grumpy and frustrated, I snap at my wife and kids. I feel tired all the time but can't sleep at night. Sometimes I go to bed in the middle of the day. Then I'm up half the night watching telly and eating junk food. I'm eating too much and I'm getting fat. I feel out of sync with my family and with my life. I don't feel motivated and I'm in almost constant physical pain from the knee and elsewhere, odd niggles and twinges.

I've never felt so low. I'm panicky about the future and have black thoughts – which I can't talk about. I don't know what to do and I feel alone with it.



I KNEW THE WEAR AND TEAR MIGHT CATCH UP WITH ME EVENTUALLY, BUT LITTLE DID I KNOW

## WHAT YOU CAN DO TO HELP YOURSELF

- don't try and manage depression on your own – talk to someone you trust about how you are feeling
- depression can make you feel worthless. Try to be aware of any negative thoughts you have about yourself and how they might be affecting how you see yourself and how you feel. If you can, try to think about how realistic these thoughts are and how you might change them into something more positive, and
- take action to find help. This will make you feel more in control – go and see the club doctor.

The good news is that most people recover from depression. The earlier they seek help the better the chances of early recovery.

There are two main approaches to treating depression – medical (anti-depressants) and non medical (talking therapies). Your club doctor will advise on what anti-depressants a player can safely and legally take but it may be that the GP recommends therapy instead. Exercise is also recommended as a treatment for mild to moderate depression (NICE, 2009).

## A PLAYER IN HIS OWN WORDS



**Neil  
Lennon**

**T**he greatest quote is 'pull yourself together' or shake yourself out of it'. That can be the worst thing that anyone can say to you, because you are fighting it yourself and the last thing you need is somebody putting you down – you are feeling bad enough as it is.

"You never think you are going to get out of it. My mother and sister have suffered from it, so they are a great help, but trying to actually explain to them I had depression was one of the hardest things I had to do."

Source: Neil Lennon, Herald Scotland. 24th February 2007  
written by David Christie

HEA  
SHO  
YOU'RE  
BE OL  
LEAST  
MO

## A PLAYER IN HIS OWN WORDS



**Paul  
Gascoigne**

**A**nd then I got a succession of niggling injuries and everything seemed to go wrong. I was depressed about not being able to play... when I've been injured, I've tended to keep myself to myself. You are out of things anyway, the club seems to forget you, carrying on without you. I didn't really want to be visited anyway, people trying to cheer you up. But of course keeping yourself to yourself, and without a wife and family to support you, or put up with you, you get more and more depressed. Football is all I know, all I've ever known, so being out of it was utter misery. I drank to pass the time, to make the days go quickly.

Source: Paul Gascoigne, *Gazza: My Story* - page 366

### FICTIONAL EXAMPLE

One day, my wife came home and found me sitting with the curtains drawn in the middle of the day. She called the doctor there and then and I was seen the same day. We finally talked about how bad things have been. It was a relief to finally let it all out.

The doctor said he thought I was severely depressed and prescribed some mild sleeping pills to get my sleep pattern back. He referred me for some counselling – explaining that it would be a chance to talk about all the worries I've got about playing again and about the future. He encouraged me to start trying to take control of my daily life again – to eat better, to exercise gently, to start going to the club again – just to ease myself back in.

I felt better because I had a plan again. I followed the doctor's advice and started to feel better and this feeling improved when I started training again.

Talking to a therapist helped me to understand better that the injury had sparked off fears and anxiety I already held about my future. The therapist encouraged me to start thinking about life after football and how I might prepare for it.

I played my first match for the team after three months absence. I never told my team mates what happened but I do talk to my wife and I still see the therapist. Finally I'm looking ahead and making plans for a life outside football.

## SECTION 2:

# CHANGE & ANXIETY

Change is part of professional football; managers and coaches move around and it's all part of the game. Below we set out some other effects of change that might unsettle you.

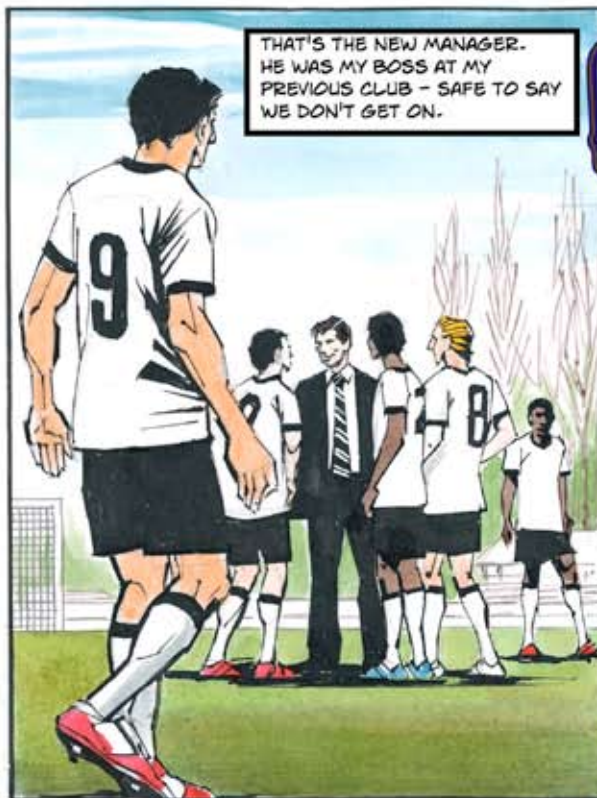
### FACTS ABOUT CHANGE

- the arrival of a new manager means change in the club and that means increased pressure on players
- players have the same anxiety or fear any one would feel about a new boss or manager
- the new manager is probably also anxious and keen to prove themselves
- the pressure on a new manager to achieve can mean he puts extra pressure on players
- a new manager may make changes, move the team around, change the team formation, and toughen up training regimes
- a new manager can single out players for encouragement or a dressing down, and
- players may be more aware of their status within the team.

### HOW CHANGE MAY AFFECT YOU

- change and the arrival of a new boss makes everyone anxious
- you will wonder if the manager will change the team / will want to buy or sell anyone / have a different management style
- there is anxiety in the team because the future is unknown and what is unknown can make us anxious
- the stakes are raised in professional football for both for manager and player under a new regime
- turnover in managers is notoriously high and managers and players are often judged on their last game, and
- anxiety is a mental health condition but it can have a physical affect on the body. It can sap you of energy leaving you drained and de-motivated.

# CHANGE & ANXIETY



THAT'S THE NEW MANAGER. HE WAS MY BOSS AT MY PREVIOUS CLUB - SAFE TO SAY WE DON'T GET ON.

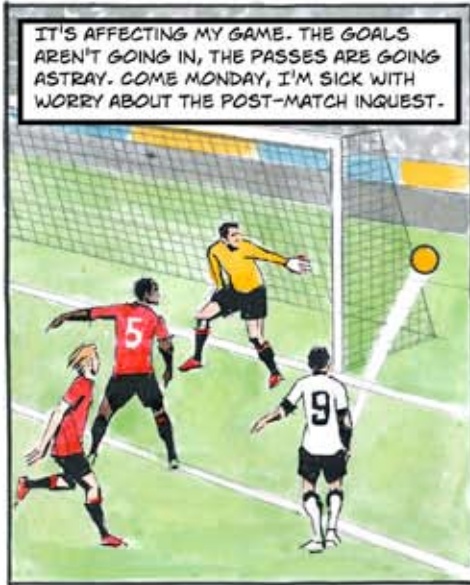


I'VE NOT BEEN MYSELF LATELY. SHORT TEMPERED, SNAPPING AT MY TEAM MATES - AND THIS MANAGERIAL CHANGE ISN'T HELPING.

HE WAS YOUR MAN TO MARK!



THE MANAGER'S TRYING TO BE FRIENDLY BUT I DON'T TRUST HIM. HE'S MAKING ME NERVOUS - I KEEP THINKING HE'S WATCHING ME, SINGLING ME OUT.



IT'S AFFECTING MY GAME. THE GOALS AREN'T GOING IN, THE PASSES ARE GOING ASTRAY. COME MONDAY, I'M SICK WITH WORRY ABOUT THE POST-MATCH INQUEST.



CAN'T RELAX, CAN'T THINK STRAIGHT, CAN'T TALK TO ANYONE - ESPECIALLY NOT THE BOSS. I NEED ANOTHER DRINK!



I CAN'T EVEN TRUST MY TEAM MATES. ARE THEY TALKING ABOUT ME BEHIND MY BACK?

HA HA!

WHAT WAS THAT!?



MY TEMPER'S OUT OF CONTROL AND I'M ARGUING OVER THE SLIGHTEST THING.

I NEVER TOUCHED HIM REF!



A BOOKING FOR THAT? YOU'RE A \$+\$\$ MUPPET!



OH NO, A RED CARD!

THAT'S ME DONE FOR - THAT'S ALL THE EXCUSE THE NEW BOSS NEEDS TO DROP ME. I NEED TO GET MY HEAD SORTED OUT. BUT HOW?

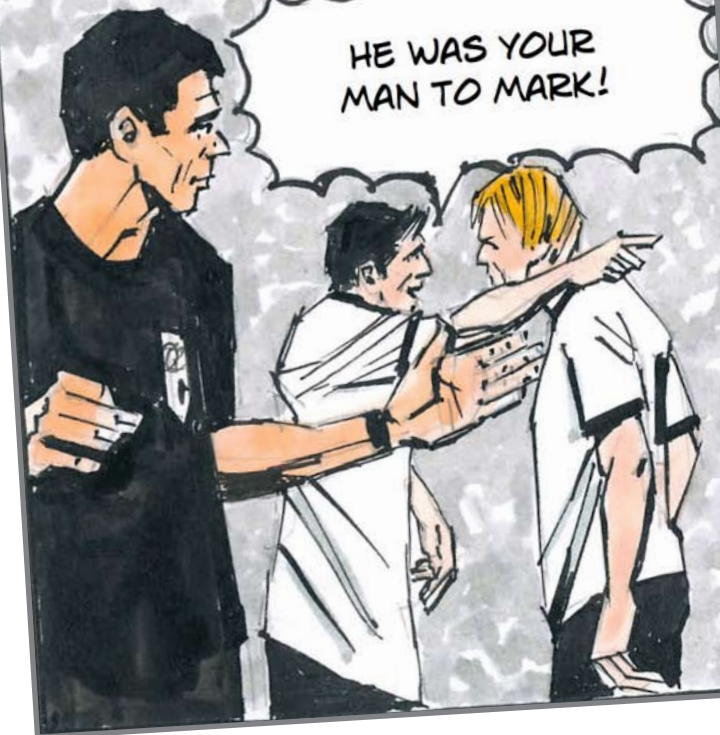
TRILLION

## ANXIETY

One in six adults is affected by anxiety/ depression at any one time.

- anxiety makes you feel like something bad is going to happen
- feelings of fear and anxiety can last for a short time and then pass. But they can also last much longer and you can get stuck with them
- anxiety affects your ability to eat, sleep, concentrate or enjoy life. It can also affect your performance on the pitch
- anxiety can hold you back from doing things you want or need to do, and affect your health. Other health problems that are directly based on fear include phobias, panic attacks and anxiety disorders, including obsessive compulsive disorder (OCD)
- some people become overwhelmed by fear and want to avoid situations that might make them frightened or anxious, and
- anxiety can make you feel physically drained, being in constant state of anxiety places extra stress on your heart.

I'VE NOT BEEN MYSELF LATELY. SHORT TEMPERED, SNAPPING AT MY TEAM MATES - AND THIS MANAGERIAL CHANGE ISN'T HELPING.



THE MANAGER'S TRYING TO BE FRIENDLY BUT I DON'T TRUST HIM. HE'S MAKING ME NERVOUS - I KEEP THINKING HE'S WATCHING ME SINGLING ME OUT.



### FICTIONAL EXAMPLE

I was anxious about the new manager arriving at the club. I knew him from my previous team and we didn't get on. In fact I had put in for a transfer. I've been feeling jittery about all kinds of things, had a bit more than my share of adrenalin racing around my system. I got into a few arguments with team mates... I'm not sure why. I was feeling so wound up and the new guy coming didn't help.

From day one I was sure he was watching me. I started to get nervous about training sessions as well as at games. I felt jumpy when the guy approached me – even when he looked friendly.

I began to feel increasingly anxious about my whole life not just football. I couldn't relax and I was constantly on edge. I felt physically unwell, panicky about little things like getting to places on time. My heart felt like it was racing all the time. On Mondays I was physically sick at the thought of going into the club for the first time after the match... I dread the post match analysis.

## WHAT ANXIETY FEELS LIKE

How you might feel if experiencing anxiety

- anxiety is normal, particularly before a game. and
- anxiety and adrenalin work together with positive and negative effects. When it affects us negatively we doubt our ability and think the worst can happen. We expect to fail and this can affect performance.



## What you can do to help yourself

It can be difficult to talk about feelings but there are people who are there to support you. Helpful numbers and organisations are listed on pages 34 & 35. It is hard to admit to fears and hard to talk about them but asking for help is the first step to taking control.

Talking therapies such as Cognitive Behavioural Therapy (CBT) are very effective for people with anxiety problems. If you are not comfortable talking about your feelings there is a software package which takes you through a series of self-help exercises on-screen which are designed to help you take control of the anxious feelings.

- improve your lifestyle. Find time to eat properly, reduce alcohol intake, get plenty of exercise and enough sleep
- confide in someone. Don't keep emotions bottled up, and
- focus on the positive aspects of your life.

### COUNSELLING

Talking your problems through, either with a counsellor or within a supportive environment like the Sporting Chance Clinic can help you get to the root of your problems.

Counselling is a sign of strength not a sign of weakness. Many of the high profile players who have sought help have shown immense courage and willpower.

Sporting Chance is a clinic exclusively for sports men and women and the counsellors are fully trained. Everyone has worked with professional footballers for over ten years and understands the demands and strains of the profession. Many of the counsellors have personal experience of the issues they can support you with. The Clinic is located in beautiful and secluded surroundings within Champneys Forest Mere, set apart from the main resort. All clients are treated with the strictest confidence.

### THE EXPERT VIEW

"Anyone who loves football knows that sometimes you just can't look... the tension is too much, so you cover your eyes and wait until the ball has been kicked. Small wonder that people with anxiety disorders often withdraw and simply avoid the triggers by not watching the world or engaging with it and keeping behind closed doors. How can you get so wound up and anxious over something as simple as going to buy a loaf? One might as well ask how can you get so anxious about something as simple as one man kicking ball and another trying to catch it."

Source, Dr Alan Pringle, lecturer in mental health, Nottingham University

### MEDICATION: IMPORTANT

Drug treatments can be used to provide short-term help. prescription drugs are banned for use by professional footballers unless a therapeutic use exemption is applied for and approved. It is important to check with club medical staff before taking any medication.



## FICTIONAL EXAMPLE

I got more and more anxious to the point that I started being physically sick before training matches or I'd get really drunk after games. Sometimes I just went home to be on my own, didn't want to talk to anyone. The other guys started commenting on my behaviour but I didn't know what to say to them.

At first, the only time I felt OK was when I was playing. But gradually even that didn't make the nervous feelings go away. The crunch came when I lost my temper and shoved a referee during a game. I was sent off. I knew it was out of order but I just lost it – and the whole team paid for my loss of control. I knew then I needed help to get a grip.

The coach sent me to the club doctor. He told me I was over anxious and suggested I could get some cognitive behavioural therapy which has a good track record in treating anxiety. I've had a few sessions now and it's really helped me cope with the anxious feelings I get. The doctor also suggested I speak to a counsellor about how I feel which has helped me see things clearer. I am definitely less anxious now I have talked things through with someone else.

One of the things that I was most anxious about was how my team mates would react – I thought they might think I'd gone crazy. I told some of the lads and they were understanding – they know what it's like more than anyone.

As for the new gaffer – well he lasted a season before he was sacked and disappeared as fast as he'd arrived.



## A PLAYER IN HIS OWN WORDS



**Andy Cole**

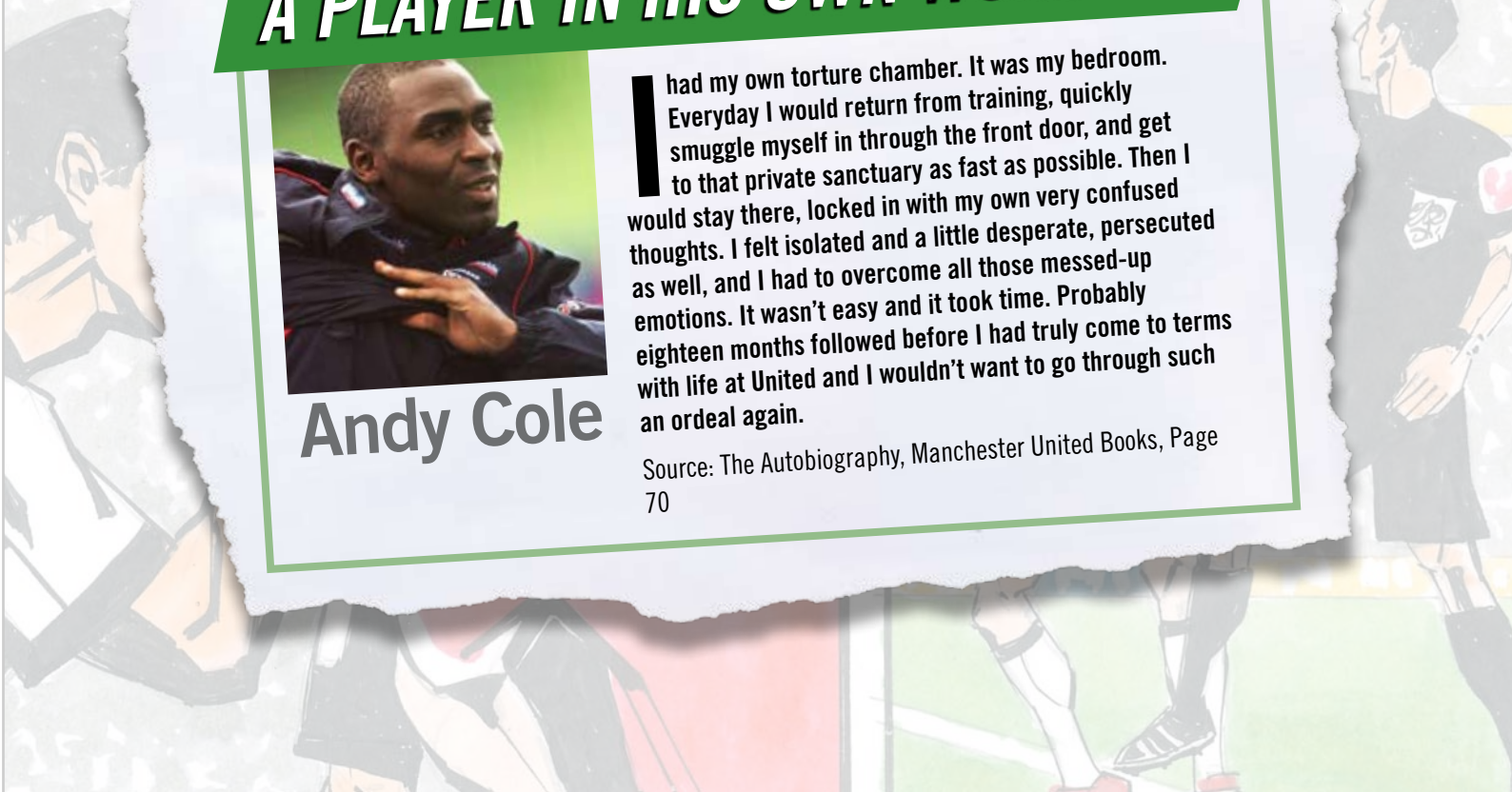
I had my own torture chamber. It was my bedroom. Everyday I would return from training, quickly smuggle myself in through the front door, and get to that private sanctuary as fast as possible. Then I would stay there, locked in with my own very confused thoughts. I felt isolated and a little desperate, persecuted as well, and I had to overcome all those messed-up emotions. It wasn't easy and it took time. Probably eighteen months followed before I had truly come to terms with life at United and I wouldn't want to go through such an ordeal again.

Source: The Autobiography, Manchester United Books, Page 70

MY TEMPER'S OUT OF CONTROL AND I'M ARGUING OVER THE SLIGHTEST THING.

A BOOKING FOR THAT?

MUPPET!



## SECTION 3:

# CONTRACTS & STRESS

All players get nervous round about contract time. Below are some facts and figures about contracts, transfers and some of the effects negotiations may have on players anxiously waiting to find out their future.

### FACTS ABOUT FOOTBALL CONTRACTS AND TRANSFERS

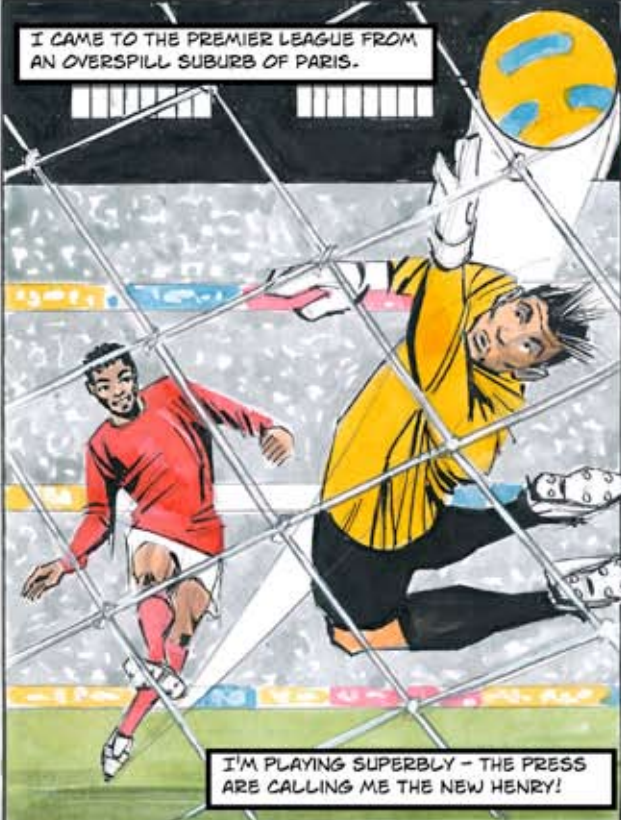
- players can move an unlimited number times in their careers. Negotiation and contract renewal is always stressful
- 40 transfers took place in the Premier League in January 2010, of which 19 were permanent transfers, 10 were loans and 11 were loans overseas.
- Premier League players might move 1-2 times in a 3-5 year period. Top players will be offered 3-4 year contracts, and
- 1 year contracts are common-place in the lower leagues resulting in annual contractual negotiations.

### CONTRACTS AND STRESS

- if contracts are not renewed players are free to be picked up by another club. This is stressful for players and their families as they could be moved anywhere
- older players may feel more stressed around contract time and there is more pressure on them to keep their performance levels up
- contract stress highlights the basic insecurity of the job, a couple of weak games and you are more at risk
- you may feel a huge weight of responsibility at this time but one that's difficult to talk about to family or colleagues
- a renewed contract means you are safe this time around, you are wanted and your contract protects you if you get injured, and
- if a contract is not renewed then a player's life and that of his partner and family are turned upside down often with financial concerns.

I CAME TO THE PREMIER LEAGUE FROM AN OVERSPILL SUBURB OF PARIS.

# CONTRACTS & STRESS



I'M PLAYING SUPERBLY - THE PRESS ARE CALLING ME THE NEW HENRY!

MONEY, NIGHTCLUBS, BEAUTIFUL GIRLS... LIFE IS GOOD.



I'M LIVING THE DREAM!

GOAL!



TROUBLE IS, I CAN'T TAKE MY DRINK AND KEEP GETTING INTO FIGHTS.



I'VE MISSED A COUPLE OF TRAINING SESSIONS AND NOW I'M GETTING SUBBED IN MATCHES.

SORT YOURSELF OUT!



MY LUCK'S RUN OUT. THE MANAGER'S HAD ENOUGH AND ISN'T GIVING ME A NEW CONTRACT.

SORRY SON, I'M LETTING YOU GO.



WITH NO ONE TO PLAY FOR I'M PARTYING EVERY NIGHT. I'M FOREVER IN THE PRESS - NOW I'M SUPPOSED TO BE THE NEW GEORGE BEST!

MEANWHILE, THE BILLS ARE COMING IN AND I'M FEELING THE PRESSURE BIG TIME.



THANKFULLY I GET A NEW CONTRACT WITH ANOTHER CLUB, BUT I'M NOT FIT AND MY FORM SUFFERS.

I FEEL SO INSECURE.



I CAN'T TAKE THE STRESS ANYMORE SO I CHECK IN AT A PRIVATE HOSPITAL. THE DOCTOR SAYS I'M BURNT OUT.

BUT I'M ONLY 24! WHAT AM I GOING TO DO?!

### FICTIONAL EXAMPLE PART 1

I came to the UK a year ago. I'm doing well..I'm a single man and I like to party. Sometimes I don't know when to stop. When I get drunk I get angry and pick fights. I missed one or two training sessions. I think it's OK I can handle it. The media thinks I've got some problems but I think I'm solid. A TV reporter tells my manager I seem to be going off the rails and asks him if he feels sorry for me. My manager says, "not on his salary I don't!". After that they don't renew my three year contract. Now I feel like I really am going off the rails.

CK'S RUN OUT. THE MANAGER'S  
NOUGH AND ISN'T GIVING ME A  
CONTRACT.



DORRY SON,  
M LETTING  
YOU GO.

### SOME FACTS ABOUT STRESS

- some stress is good for you. Stress produces the 'fight or flight' mechanism that makes you run, score goals and leap to save them
- but long periods of living under stress can lead to anxiety and to depression as well as physical conditions such as heart disease and headaches
- half a million people in the UK experience work-related stress at a level they believe is making them ill
- 12 million adults see their GP with mental health problems each year. Some of these problems originate with simple stress
- work related stress, depression and anxiety are the most common cause of days off work
- stress can lead to more serious problems such as depression and panic attacks, and
- stress, anxiety and depression often go together.



...I CAN'T TAKE MY DRINK  
GETTING INTO FIGHTS.

I'VE MISSED A COUPLE OF TRAINING  
SESSIONS AND NOW I'M GETTING  
SUBBED IN MATCHES.

SORT YOURSELF OUT

## A PLAYER IN HIS OWN WORDS



**Stan Collymore**

Once the most charismatic and expensive player in the new league suddenly flooded with Rupert Murdoch's cash, he had, by the age of 28, booked himself into the Priory, unable to get his head around playing at all.

Along the way, he had been the goal scorer nobody wanted to congratulate, the sensitive centre forward no one knew how to manage, a deeply reluctant star in a tabloid culture that saw him make the front pages as often as the back, and that waited for him to crack up or lash out.

Source: Stan Collymore' The Sunday Observer, 14 March 2004, written by Tim Adams

...ONE TO PLAY FOR  
...TRYING EVERY NIGHT.  
...EVER IN THE PRESS  
...I'M SUPPOSED TO BE  
...U GEORGE BEST!

THANKFULLY I  
GET A NEW  
CONTRACT WITH  
ANOTHER CLUB,  
BUT I'M NOT FIT  
AND MY FORM

I CAN'T TAKE THE STRESS  
SO I CHECK IN AT A PRIVATE  
HOSPITAL.  
THE DOCTOR SAYS I'M

LIFE IS GOOD.



## THE PHYSICAL EFFECTS OF STRESS

A stressed person might feel some or all of these symptoms:

- breathless
- sick or dizzy
- headaches
- constant tiredness
- chest pains
- sleeping problems
- tendency to sweat
- nervous twitches
- cramps or muscle spasms
- indigestion or heartburn
- pins and needles
- lack of appetite, and
- high blood pressure.

If you feel stressed you might feel more irritable or aggressive. Your sense of humour deserts you and you can find it hard to communicate.

Stress can prevent you making decisions – especially under pressure. It can stop you concentrating, sleeping or relaxing. Untreated stress can lead to anxiety and depression.

### FICTIONAL EXAMPLE PART 2

With no one to play for my name starts appearing more on the inside pages of the tabloids. I'm out partying during the week; I'm often drunk and aggressive towards the paparazzi. I've got debts – a huge mortgage I can't afford. I get calls from my family at home asking me what's going on. I get a new contract with a league team, but I'm not fit... I don't get to training sessions on time. Finally, I check in to a private hospital, where I'm told I'm suffering from 'burn out'. A little while ago I was at the top of my game now I feel like I'm at rock bottom. I'm 24 and I feel it's all over.

I'VE MISSED A COUPLE OF TRAINING SESSIONS AND NOW I'M GETTING SUBBED IN MATCHES.

SORT YOURSELF OUT



MEANWHILE, THE BIDS ARE COMING IN AND I'M FEELING THE PRESSURE BIG TIME.



## A PLAYER IN HIS OWN WORDS



I was happiest between the ages of sixteen and eighteen when football had not yet become a job but was something I did for fun and had no worries.

Source: Paul Gascoigne, My Story, Headline Book Publishing, pp 520

### Paul Gascoigne

#### WHAT YOU CAN DO TO HELP YOURSELF

- make the connection. If you're not feeling good, maybe you are under too much pressure?
- take a regular break. Give yourself a brief break whenever you feel things are getting on top of you
- learn to relax. Follow a simple routine to relax your muscles and slow your breathing
- get better organised. Make a list of jobs, tackle one task at a time, alternate dull tasks with interesting ones
- sort out your worries. Divide them into those that you can do something about (either now or soon) and those that you can't. There's no point in worrying about things that you can't change
- change what you can. Look at the problems that can be resolved, and get whatever help is necessary to sort them out. Learn to say 'no'
- improve your lifestyle. Find time to eat properly, reduce alcohol intake, get plenty of exercise and enough sleep
- confide in someone. Don't keep emotions bottled up, and
- focus on the positive aspects of your life.

#### FICTIONAL EXAMPLE PART 2

After my spell in the clinic with no booze and the pressure off. I felt better. I missed playing the game but I see now that I can't have it all. If I'm going to be a great player I have to look after my mental and my physical self. I can see that I need extra support at stressful times and will keep talking to my counsellor.



## SECTION 4:

# PERFORMANCE & PANIC

In this section we look at pressure on players to perform. Every match and what effect that pressure from fans, the media and within your club can have on you

### FACTS ABOUT PERSONAL PERFORMANCE

- the average crowd capacity at a premier league game is 35-40,000
- each club has fan bases extending into the thousands
- the pressure of maintaining personal performance can be hard
- how the game went can affect how the whole week can feel there is always another game around the corner, and
- if a player is from another country and culture they can feel isolated.

### WHAT HAPPENS WHEN YOU ARE UNDER PRESSURE

- you are under pressure when your club is winning and more so when it's losing and over time this pressure can get too much
- players who are under performing will be asked to do better before they are asked why their performance might have slipped
- if they are famous then the football media will be piling the pressure on too. Players might also be put under pressure from others in the club, team mates, supporters, peer group, managers and coaches
- the strength of the previous game will determine how your week goes. The pressure of maintaining your personal performance can be hard, and
- players are bought and sold for incredible sums of money but sales are based on a player's performance not on their personality.



# PERFORMANCE & PANIC

TWO YEARS AGO I CAME FROM CROATIA TO PLAY FOR A TEAM IN SOUTHERN ENGLAND. MY WIFE AND KIDS HAD TO LEAVE FAMILY AND FRIENDS BEHIND AND WE COULDN'T SPEAK THE LANGUAGE.

LIFE WAS DIFFICULT...



...BUT WE SETTLED DOWN. SOON I WAS PLAYING WELL AND SCORING GOALS.



WE MADE NEW FRIENDS. THE KIDS THRIVED AT SCHOOL.



SO IMAGINE MY SHOCK WHEN THE MANAGER SAID I WAS BEING SOLD TO A CLUB IN THE NORTH.



I NEED TO MAKE SOME CHANGES.

JUST WHEN I'D STARTED TO FEEL AT HOME, IT WAS UPHEAVAL ALL OVER AGAIN. MY NEW MANAGER WASN'T IMPRESSED, MY FORM SUFFERED AND THE GOALS DRIED UP.



HOW DID HE MISS THAT?

IT WAS COLD, ALWAYS RAINING AND MY FAMILY DIDN'T LIKE OUR NEW HOME.



IT ALL GOT TOO MUCH. I LOST MY TEMPER IN TRAINING - I WAS HAVING A PANIC ATTACK, BUT MY TEAM MATES COULDN'T UNDERSTAND.



HEY, TAKE IT EASY! WHAT'S WRONG WITH YOU?

NEXT DAY I TRIED TO TALK TO THE MANAGER, BUT I COULDN'T EXPLAIN MYSELF - I FELT SO DEPRESSED.



I WAS SENT TO SEE THE CLUB DOCTOR. CLEARLY HE WANTED TO GET ME AWAY FROM THE FIRST TEAM. THIS JUST ADDED TO MY OVERWHELMING PANIC.



ALL I WANT TO DO IS ENJOY FOOTBALL AGAIN.

TREVILLION

### FICTIONAL EXAMPLE PART 1

I transferred from Croatia to a club in the south of England two years ago. I had never been here before, I didn't speak the language. I have a wife and two young children and it was hard for them to leave family and friends behind. At first it went well, but then I was sold on again to a club in the north. My children were only just settling in and suddenly it was all change again. I had some problems with the manager in the new club and my game slipped. I wasn't popular with the supporters and I didn't get on so well with the other players. The wet and cold climate got me and my family down and I started to dread training, running around in the cold, grey mornings.



## A PLAYER IN HIS OWN WORDS



**Andy Cole**

I was still a young guy, only twenty-three and with plenty to learn, and it was a mean, depressing experience. I had to live up to top billing. You know something else, too? It doesn't matter whether its showbiz, rock and roll, or football, you are duly exposed, an easy target, and there are plenty of folk out there prepared to pull the trigger and shoot you down."

Source: Andy Cole and Peter Fritton, *Andy Cole Autobiography*, Manchester United Books, pp69

## FACTS ABOUT FEAR, ANXIETY AND PANIC

- pressure to perform well physically can have a negative affect on your mental health, and
- when you feel frightened or seriously anxious, your mind and body work very quickly.

Some of the things that might happen are:

- your heart beat gets very fast – maybe it feels irregular
- your breathing gets very fast
- your muscles feel weak
- you sweat more
- your stomach is churning or your bowels feel loose
- you find it hard to concentrate on anything else
- you feel dizzy
- you can't eat
- you get hot and cold sweats
- you have a dry mouth, and
- tense muscles.

These symptoms occur because the body, sensing fear, is preparing you for an emergency, so it makes blood flow to the muscle, increases blood sugar and gives you mental ability to focus only on the thing that's scaring you.

In the longer term anxiety and panic may also lead to

- a more nagging sense of fear
- irritability
- trouble sleeping
- developing headaches
- trouble getting on with work and planning for the future
- sexual problems, and
- losing self confidence.

## WHAT CAN HAPPEN WHEN YOU PANIC

- the physical feelings can be frightening especially when their cause is unknown, Fear and anxiety can kick in as a response to minor or even non-existent threats
- fear may be a 'one-off' feeling when faced with something unusual, but it can also be an everyday, long-lasting feeling, and
- lots of things can make you feel afraid. Being afraid of some things – like fires – can keep you safe. Fearing failure can make you try harder to avoid failure. But fear can also prevent someone succeeding if the feeling is too strong.

## WHAT IS A PANIC ATTACK

You could be said to be experiencing a panic attack when you are overwhelmed by the physical and mental feelings of fear. People who have panic attacks say they find it hard to breathe and worry that they're having a heart attack.

IT WAS COLD, ALWAYS RAINING AND FAMILY DIDN'T LIKE OUR NEW HOME



...BUT WE SETTLED SOON I WAS PLAYING AND SCORING GOALS

# A PLAYER IN HIS OWN WORDS



## Paul Gascoigne

I started to feel anxious and had a sense of fear about everything. I felt I had made my family unhappy but I took it out on them. I didn't know anyone I could talk to about things. My performance started slipping and I spent a few games on the bench. I started to have real panic attacks – fear of not playing, fear of playing and performing badly. Drink was the thing that calmed me down but then next day the anxiety would be worse. I began to feel I had no control over life on or off the pitch.

Source: Paul Gascoigne, My Story, Headline Publishing

SO IMAGINE MY SHOCK WHEN THE MANAGER SAID I WAS BEING SOLD TO A CLUB IN THE NORTH.

JUST WHEN I'D STARTED TO FEEL AT HOME, IT WAS UPHEAVAL ALL OVER AGAIN. MY NEW MANAGER WASN'T IMPRESSED WITH MY FORM AND I SUFFERED AND THE GOALS DRIED UP.

WHEN I'D STARTED TO FEEL AT HOME, IT WAS UPHEAVAL ALL OVER AGAIN. MY NEW MANAGER WASN'T IMPRESSED, MY FORM SUFFERED AND THE GOALS DRIED UP.

HOW DID HE MISS THAT?



CLEARLY HE WANTED TO GET ME AWAY FROM THE FIRST TEAM. THIS JUST ADDED TO MY OVERWHELMING PANIC.

ALL I WANT TO DO IS ENJOY FOOTBALL AGAIN.



## WHAT YOU CAN DO TO HELP

People can learn to feel less fearful, and to cope with fear so it doesn't stop them from living. Here are some suggestions for how to do it:

### FACE YOUR FEAR

When people avoid situations that scare them they might stop doing things they want or need to do. It's better to test out whether the situation is always as bad as expected, rather than miss the chance to work out how to manage fears and reduce anxiety.

## KNOW YOURSELF

Each person should try to find out more about their particular fear and anxiety. Keep a record of when it happens and what happens. Set small, achievable goals to face your fears.

### RELAX

Learning relaxation techniques can help with the mental and physical feelings of fear.

### AVOID ALCOHOL OR DRINK IN MODERATION

It's very common for people to drink when they feel nervous. Some people call alcohol 'Dutch courage'. But the after-effects of alcohol can make you feel even more afraid or anxious.

## NON MEDICAL THERAPIES

Some people find complementary therapies help, like massage or herbal products.

### FAITH SPIRITUALITY

If you are religious or spiritual, this can give you a way of feeling connected to something bigger than yourself. It can provide a way of coping with everyday stress and church and other faith groups can be a valuable support network.

### FICTIONAL EXAMPLE PART 3

It all got too much for me and I had a panic attack during a training session with the club. I had to explain to the manager what was going on but I couldn't explain what I was so scared of. He looked at me like I'd gone crazy and told me see the club doctor. Really he just wanted me away from the others.

## A PLAYER IN HIS OWN WORDS



**Andy Cole**

**H**ow did I cope with it? Well, in all honesty, not too well in the early phase. If you want to know exactly what happened, the only sensible explanation now is that I tried to become the invisible man; I turned myself into a recluse.

Source: Andy Cole and Peter Fritton, Andy Cole: The Autobiography, Manchester United Books, Pp – The Autobiography. Pp 69

## SECTION 5:

# RETIREMENT & ANGER

Players may experience many different feelings when they retire. In this section we focus on the effects of anger.

## FACTS ABOUT PROFESSIONAL FOOTBALLERS AND RETIREMENT

- as a professional footballer you are automatically a member of the PFA for life. Once you retire you can take courses that include construction, IT, sports science, physiotherapy, TV and media/journalism or gym instruction. The PFA pays 50 per cent towards books and accredited courses
- you can access a pension from the age of 35 but if you retire earlier you may have to wait to receive this. The average life span of a player is now

seven years. A player's wage will automatically drop 50 – 75% when he stops playing

- many players want to stay in football in some capacity. Players often opt to train as coaches but this is a difficult market to get into. Another option for players is TV/Commentry/Sports journalism, and
- some players are unable to come to terms with the fact that they are no longer professional footballers. The casualty rates for drink, depression and other mental health problems are high, as are divorce rates.

I CAME FROM SENEGAL TO THE PREMIER LEAGUE AND IT WORKED OUT GREAT - ON THE PITCH AND OF IT AT HOME WITH THE FAMILY

# RETIREMENT & ANGER

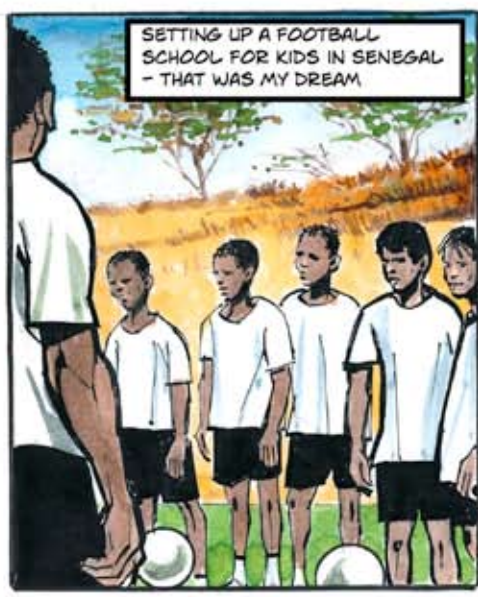
I WAS SCORING FOR FUN - BUT WHILE I KNEW IT WOULDN'T LAST FOREVER, I HAD PLANS FOR THE FUTURE.



ME, GO IN TO MANAGEMENT? NO THANKS! FOOTBALL'S BEEN GOOD TO ME AND I'M GOING TO GIVE SOMETHING BACK TO THE GAME.



SETTING UP A FOOTBALL SCHOOL FOR KIDS IN SENEGAL - THAT WAS MY DREAM



UNFORTUNATELY MY BRITISH WIFE DIDN'T SHARE THAT DREAM...



BUT WE CAN'T LEAVE - THE KIDS LOVE SCHOOL, ALL MY FAMILY AND OUR FRIENDS ARE HERE.

THE CRUNCH CAME WHEN I FINALLY RETIRED.



I'M SORRY - BUT I'M STAYING HERE AND SO ARE THE KIDS.

WITHOUT FOOTBALL AND WITH NOTHING TO FILL THE GAP I BECAME MOODY, RESENTFUL, ANGRY. THE ROWS WE HAD WERE TERRIBLE - I'M ASHAMED TO SAY I HIT MY WIFE.

I DON'T BLAME HER FOR KICKING ME OUT.

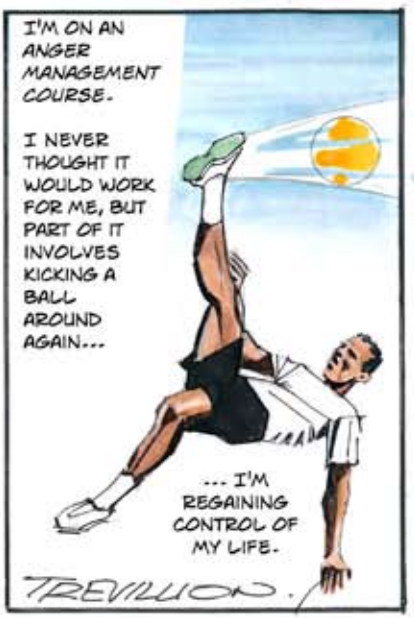


BUT THEN I REALISED WHAT WAS MOST IMPORTANT TO ME: MY FAMILY. SO I GOT HELP AND WAS REFERRED TO A THERAPIST.



I'M ON AN ANGER MANAGEMENT COURSE.

I NEVER THOUGHT IT WOULD WORK FOR ME, BUT PART OF IT INVOLVES KICKING A BALL AROUND AGAIN...



... I'M REGAINING CONTROL OF MY LIFE.

TREVILLION

## WHAT CAN HAPPEN TO PLAYERS WHEN THEY RETIRE

- most professional players began playing as children and will have been playing professionally since their late teens. They have known nothing else, are trained for nothing else and are qualified for nothing else
- while some players retrain to become football or sports coaches, managers or physios, for some the end of a career can be unnerving and depressing, and
  - apart from sadness at leaving the game there are more practical considerations to do with income, supporting the family and keeping everything going. After years of being managed suddenly players have to manage things for themselves – which can be a frightening prospect when for years you've just had to turn up, train and play the game.



ELY MY BRIT  
E THAT DREAM



WE CAN'T LEAV  
SCHOOL, ALL M  
OUR FRIENDS AT



### FICTIONAL EXAMPLE PART 1

I am from Senegal but I have played in England for most of my career. I have been lucky and have stayed in the Premier League. I always talked about going back home when I retire and now with some money in the bank, I have my chance. But I've been away a long time and I'm not sure what I will do when I get there. I'd like to set up a football club for young boys in my home town. I had it all planned but now my wife and kids don't want to make the move. I am angry and upset with them and because my plan is not working out so far. I am out of touch with what was my life here and out of touch with my home... everything feels difficult after all my years in the game I don't know how to do anything normal.

## ANGER CAN AFFECT

- digestion (contributing to the development of heartburn, ulcers, colitis, gastritis or irritable bowel syndrome)
- heart and circulatory system (can lead to blocked arteries)
- blood pressure (driving it too high)
- immune system (making you more likely to catch 'flu and other bugs, and
- less able to recover from operations, accidents or major illnesses).

## EMOTIONAL EFFECTS OF ANGER

These might include:

- addictions (to alcohol, tobacco, or illegal drugs)
- compulsions (eating disorders, such as excessive dieting or binge-eating, overworking, unnecessary cleaning and any other behaviour that is out of control, including sexual activities), and
- bullying behaviour (trying to make someone else feel bad, because you think it will make you feel better).





## WHAT HAPPENS WHEN YOU GET ANGRY

- anger causes excitement in your body and emotions. The glands are pumping your blood full of the hormone adrenalin, preparing for fight or flight. You are full of energy, alert, ready for action. Tension builds up, but is released when you express your anger. The release is good for you, helping to keep body and mind in balance and able to face life's challenges. But while expressing anger may release tension, it also leads to a range of negative consequences for the person as well as in their relationships with others
- anger is a natural response to feeling attacked, injured or violated. It's part of being human; it's energy seeking expression. In itself, it's neither good nor bad, but when it is out of control it can be frightening
- angry feelings can lead to destructive and violent behaviour, and so we tend to be frightened of anger. The way we are brought up, and our cultural background, will very much influence how we feel about expressing anger
- if someone bottles up their feelings, the energy has to go somewhere. It may turn inwards and cause them all sorts of problems. Suppressed anger can have very negative effects, physically and mentally, and
- all of these will damage relationships with other people, and this is likely to lower your self-esteem further and can lead to depression.

### FICTIONAL EXAMPLE PART 2

My wife and kids don't want to move anywhere. My wife says she won't come with me – she is British and she is worried about the kids' friends and schooling and she says she's fed of me hanging around the house in a bad mood all the time. I say It's my house and I can do as I like, but it's true I have nothing else to do. I don't train anymore, I don't have a routine so I get angry with the kids and I get into bad fights with my wife. I feel bad afterwards and that makes me resent her and I get angry again.

### WHAT CAN YOU DO TO HELP YOURSELF

It's much healthier to recognise anger and express it directly in words, not in violent action. Expressing anger assertively in this way:

- benefits relationships and how you feel about yourself
- allows you to say what you mean and feel, and
- stops you from reaching 'explosion' point.

### ASSERTIVENESS TRAINING

There are many anger management and assertiveness courses around which help people learn ways to control their anger and channel it into more positive action.

### CARING FOR YOURSELF

Exercise increases self-esteem, so don't let the training slip.

## DON'T DRINK TOO MUCH

The effects of alcohol on the emotions are well known. Often people drink more when they are upset or depressed which only makes them feel worse. Too much alcohol can lead to loss of control where people say or do things they will later regret.

### LOOK AT BEHAVIOUR PATTERNS

- get to know your own pattern of behaviour and history around anger. Was there lots of anger in your family? Who got angry, and what happened when they did?
- find someone to talk to about your feelings – an understanding friend, or a professional counsellor.

### FICTIONAL EXAMPLE PART 3

I had a bad fight with my wife. She kicked me out and told me to sort myself out. It was in all the papers. I missed her and the kids and realised that the most important thing is my family. I went to my doctor and he found me an anger management course where I could go and learn how to control my anger. He also referred me to a therapist and I'm learning how to talk about stuff that upsets me. He gave me some tablets to calm me down and told me to do some exercise – that made me laugh but I could see that the anger started when the football stopped. I am kicking a ball around again and it feels good, it calms me down. I don't know what the future holds but I am in control of my life again and I don't feel so scared about what's to come.

# A WEEK LATER I RING HER AND SHE SUGGESTS WE TRY GOING TO A PUB TOGETHER - SHE STILL HAS FEELINGS FOR ME!

## SECTION 6: CONTACTS AND FURTHER INFORMATION

If you feel you are affected by any of the issues covered in this guidebook you may find this list of contacts helpful. All approaches will be treated with strict confidentiality.

### FIRST APPROACHES

If you need someone to talk to first try:

- your club. Don't bottle it up, talk to your physio, club doctor, club chaplain or person of faith if that is important to you
- your doctor. The club doctor may refer you to your own GP or to more specialist help/organisations perhaps in, and
- the voluntary sector. You can find more about depression and where to get help/advice from these more specialist organisations.

### NATIONAL SOURCES OF HELP FROM WITHIN THE PROFESSION

Below we list sources of advice, support and help from within the profession.

#### SPORTING CHANCE CLINIC

Tel: 0870 220 0714  
 e: [info@sportingchanceclinic.com](mailto:info@sportingchanceclinic.com)  
 Web: [www.sportingchanceclinic.com](http://www.sportingchanceclinic.com)

Sporting Chance Clinic is one of the world's most innovative centres for the treatment of behavioural problems among professional and amateur sports people.

### PROFESSIONAL ASSOCIATIONS

The Football Association and the Professional Footballers Association recognise that it can be difficult to talk about mental health to colleagues. Both organisations are working to raise awareness of mental health problems within professional football and to reduce the stigma that mental health has within the game.

#### THE FOOTBALL ASSOCIATION

Tel: 0844 980 8200  
 E: [football.forall@thefa.com](mailto:football.forall@thefa.com)  
 Web: [www.FA.com](http://www.FA.com)

#### PROFESSIONAL FOOTBALLERS' ASSOCIATION

E: [info@thepfa.co.uk](mailto:info@thepfa.co.uk)  
 Website: [www.givemefootball.com](http://www.givemefootball.com)

#### Manchester office

Contact:  
 John Bramhall,  
 Deputy Chief Executive  
 E: [johnbramhall@thepfa.co.uk](mailto:johnbramhall@thepfa.co.uk)

#### London Office

Tel: 0207 236 5148  
 Contacts:  
 Michael Bennett,  
 Education Advisor  
[mbennett@thepfa.co.uk](mailto:mbennett@thepfa.co.uk)  
 Simone Pound,  
 Head of Equalities  
[spound@thepfa.co.uk](mailto:spound@thepfa.co.uk)

#### THE PREMIER LEAGUE MEDICAL CARE SCHEME

Tel: 0207 864 9000

### PASTORAL CARE

#### Score Sports Chaplaincy

E: Matt Baker, Pastoral Support Director  
 Tel: 0161 962 6068  
 Web: [www.scorechaplaincy.org.uk](http://www.scorechaplaincy.org.uk)

### GENERAL ADVICE AND SUPPORT

#### Voluntary sector specialist organisations

All calls/enquiries will be treated in absolute confidence

- **Alcoholics Anonymous**

PO Box 1, Stonebow House,  
 Stonebow, York YO1 7NJ  
 Tel: helpline: 0845 769  
 7555 Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

- **Anxiety UK**

Tel: helpline on 08444 775  
 774 (Monday-Friday 9.30am-  
 5.30pm)  
 Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Provides information, help and advice

- **BAAM (British Association of Anger Management)**

Tel: 0845 1300 286  
 Web: [www.angermanage.co.uk](http://www.angermanage.co.uk)  
 Support and training for men, women and children needing anger management and those who have to deal with someone else's anger

- **British Association for Behavioural and Cognitive Psychotherapies (BABCP)**

Tel. 0161 797 4484  
 Web: [www.babcp.com](http://www.babcp.com)

Full directory of psychotherapists available online

- **British Association for Counselling and Psychotherapy (BACP)**  
Tel: 01455 883 316  
Web: [www.bacp.co.uk](http://www.bacp.co.uk) See website or phone to find local practitioners
- **Depression Alliance**  
Tel: 0845 123 2320  
Web: [www.depressionalliance.org](http://www.depressionalliance.org) Information and support for anyone affected by depression
- **Everyman Project helpline**  
Tel: 020 7263 8884  
web: [www.everymanproject.co.uk](http://www.everymanproject.co.uk)  
Counselling for men who want to stop violence
- **Help with Stress**  
Web: [www.helpwithstress.org](http://www.helpwithstress.org)  
Website offering help find local stress practitioners
- **MIND – the mental health charity.**  
Tel: 0845 766 0163  
Helpline: ??  
Web: [www.mind.org.uk](http://www.mind.org.uk).  
National charity providing information, advice, leaflets, helpline and frontline services
- **NHS**  
Tel: NHS direct on 0845 4647, 24 hours a day, 7 days a week  
Web: [www.nhs.choice](http://www.nhs.choice)
- **Samaritans**  
Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.  
Tel: 24 hour helpline; 08457 90 90 90  
E: [Jo@samaritans.org](mailto:Jo@samaritans.org)  
Web: [www.samaritans.org](http://www.samaritans.org)
- **Supportline**  
PO Box 1596, Ilford, Essex IG1 3FW  
Tel: helpline: 01708 765 200  
Web: [www.supportline.org.uk](http://www.supportline.org.uk)  
Helpline for problems, including child abuse, bullying, depression, anxiety, domestic violence and sexual assault
- **Time to Change**  
Web: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)  
Mental health voluntary organisation working to promote  
Mental health awareness in football and other sports.

## ACKNOWLEDGEMENTS

### Guidebook Sources

We gratefully acknowledge information and source material from:

#### Mind

[www.mind.org.uk](http://www.mind.org.uk)

#### Mental Health Foundation

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

#### Depression Alliance

[www.depressionalliance.org](http://www.depressionalliance.org)

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Paul Gascoigne: My Story, Headline Publishing

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### Contributors:

The Professional Footballers' Association  
Michael Bennett  
Simone Pound

### With special thanks to:

Susannah Strong ( author )  
E: [susannahstrongeditorial@gmail.com](mailto:susannahstrongeditorial@gmail.com)

Paul Trevillion (comic art realism)  
E: [p-trev@dircon.co.uk](mailto:p-trev@dircon.co.uk)

### Other contributors:

Jonathan Campion  
Gary Hogman  
Adam Powley  
Mat Simpson

...BUT TOO MUCH. I LOST MY TEMPER IN TRAINING - I WAS HAVING A PANIC ATTACK, BUT MY TEAM MATES COULDN'T UNDERSTAND.

# SESSIONS AND MATCHES SUBBED IN MATCH



WITHOUT FOOTBALL AND WITH NOTHING TO FILL THE GAP I BECAME MOODY, RESENTFUL, ANGRY. THE ROWS WE HAD WERE TERRIBLE - I'M ASHAMED TO SAY I HIT MY WIFE.

I DON'T BLAME HER FOR KICKING ME OUT.



I'M ON AN ANGER MANAGEMENT COURSE.

I NEVER THOUGHT IT WOULD WORK FOR ME, BUT PART OF IT INVOLVES KICKING A BALL AROUND AGAIN...



THE CRISIS I FINALLY



THAT'S ME DONE FOR - THAT'S ALL THE EXCUSE THE NEW BOSS NEEDS TO DROP ME. I NEED TO GET MY HEAD SORTED OUT. BUT HOW?

ALL I WANT TO DO IS ENJOY FOOTBALL AGAIN.

I'M SORRY - BUT I'M STAYING HERE AND SO ARE THE KIDS.



**SHIFT.**  
Shifting attitudes to mental illness.

**time to change**  
let's end mental health discrimination