



“Please...
make the call.”

Visit **NFL**LifeLine.org to see
Michael Irvin's video testimonial.



NFL **LIFE**
LINE
(800) 506-0078



Independent Confidential Support
for the entire NFL Family

The **NFL Life Line** is a **confidential resource** for current and former NFL players, coaches, team and league staff, and their family members who may be in crisis or need assistance dealing with serious life issues. **Trained counselors** are standing by to listen and provide support, resources, and referrals. It's free, **independently operated**, and **available 24/7**.

If you or someone you know is in distress, reach out and **CALL (800) 506-0078**

Chat online at **NFL**LifeLine.org



Independent Confidential Support for the entire NFL Family

Current Players

Former Players

Family

NFL and Team Staff

Distress can come in many forms and happen for different reasons. No matter what you're going through, you can call and get immediate support. Call us or chat online if you are experiencing any of the following:

- Relationship or family problems
- Confusion, memory problems, or difficulty concentrating
- Economic or job-related problems
- Feelings of hopelessness
- Violent or angry outbursts
- Reckless or unusual behavior
- Social withdrawal
- Troubling thoughts
- Difficulty transitioning to life after football
- Substance abuse or addiction
- Thinking about killing yourself

The NFL Life Line is here for the entire NFL family — current and former NFL players, team and league staff, and their family members. Trained counselors are standing by 24/7 to listen and assist.

Support is completely confidential.

The NFL Life Line is **independently operated** by an outside organization, so no confidential information about individuals or their conversations is shared with the NFL, teams, or any other organization. What you say will stay between you and the counselor.

“Families can feel the stress of the game too. If your family member has played or worked in the NFL, support is here for you.”

- Tony and October Gonzalez

“It's free, confidential, and available 24 hours a day.”

- Cris Carter

Call (800) 506-0078 or chat online at NFLLifeLine.org

The NFL Life Line is an independent, confidential resource operated by the following organizations:



The NFL Life Line is sponsored by:



Members of the NFL family can also access counseling and mental health support through the NFL's Employee Assistance Program by calling Cigna at (866) 421-8628.