**Appendices - 'Mental Injury' Timelines (in order of discussion)**

**Case 1 - Lenny Pidgeley - Mental Injury Timeline (2006-2018)**

**Lenny Pidgeley**

Start

2006-2009

• Depression originally occurred while Pidgeley was playing for Millwall

• Depression was not made public

2012-2015

• Mental health issues recurred during his spell at Newport County

• Played 65 games over 3 seasons

11/12/17

• Mental health issues recurred during his spell at Margate FC

• Margate release statement that 'first team goalkeeper Lenny Pidgeley has been allowed compassionate leave for the month of December...to focus on his personal life and the club fully supports him and looks forward to welcoming Lenny back to Margate FC in the New Year'

• <https://www.kentonline.co.uk/thanet/sport/pidgeley-takes-a-break-156758/>

• At least 19 appearances for club in 2017-18 season (11 before and 8 after 'leave')

17/05/18

• Pidgeley departs Margate FC and joins Farnborough FC

12/9/18

• Farnborough announce Pidgeley's retirement from football due to 'significant long term personal medical condition' in lead-up to FA Cup match against Lewes in which midfield player CJ Fearn had to play in goal due to the team being without a recognised goalkeeper

• Official club statement subsequently deleted from club website

12/9/18

• Pidgeley tweets that 'I've never talked about my depression in the last 10 years...but after that club statement [by Farnborough] seems to be out the bag'

14/9/18

• Farnborough release second statement to 'clarify' original announcement

• 'With no goalkeeper available that night we owed the fans an explanation before kick-off...Club fully backs the support and care required in dealing with all mental health issues and meant no harm to Lenny and sincerely apologise for any hurt.

• Official club statement subsequently deleted from club website

14/9/18

• BBC Sport interview with Pidgeley published

• Pidgeley discusses his retirement, 'depression', how his previous clubs respected his wishes to keep it a 'private matter' and how he 'was never, ever going to speak in public about it'

• Reveals it started 10 years ago while he was playing for Millwall and recurred at Newport and Margate

• <https://www.bbc.co.uk/sport/football/45527016>

End

**Case 2 - Everson Griffen - Mental Injury Timeline (2018)**

**Everson Griffen**

Start

16/09/18

• 'Erratic' behaviour starts

• Wife reports Griffith got up during the night and 'ran away' to fight his demons

20/09/18

• Vikings Player Development Director Leslie Pico sends a letter to Griffen and his agent stating that he was not allowed to attend training until he went for a mental health evaluation

• This decision was due to his recent behaviour at practice in which he had been 'explosive, screaming and yelling'.

22/09/18

• Detained by Minnetrista Police Department under a 'health and welfare hold' and escorted to mental health facility for evaluation

• Reports of behaviour including not 'acting normal', sleep deprived, 'delusional', 'paranoia', 'rapid speech', 'irrational', 'rambling' and 'repeating himself'

• <https://theathletic.co.uk/547740/2018/09/25/everson-griffen-hospital-mental-health-evaluation-vikings/>

AM

• Griffen arrives at training and is sent away

• Griffen reported to be at Ivy Hotel causing a 'disturbance' (an individual was threatening to shoot someone if he wasn't allowed in his room)

• Left hotel to go home

PM

• Turns up at fellow Vikings player Trae Waynes house. Report that he broke in before running away shirtless

• Report that Griffen is being driven home by an unknown male (Adam Osman) having left his car at a petrol station. Osman reported being scared by Griffen's actions.

• At the house the police officers spoke with Griffen who was yelling about "777" and that he had gone to the Waynes house as "God made me do it".

• One officer reported that Griffen had mentioned being afraid of people trying to kill him

• Griffen eventually agreed to voluntarily attended hospital (but 'hold form' was still enacted) and paramedics were called.

• En route to hospital Griffen jumped out of the ambulance and police officers were called to assist.

Griffen was gradually persuaded to get back in the ambulance and the vehicle was followed by a police officer (with Griffen's permission) to make sure he safely reached the hospital.

• Outcome: 'No criminal charges forthcoming'

23/09/18

• Missed Vikings home game against Buffalo Bills

• Pre-game reason for absence "sidelined by a knee injury"

• Post game injury report “knee/not injury related"

• Coach Mike Zimmer was asked postgame to address why Griffen was not on the sideline, to which he responded, "He is having a personal matter and I'm going to leave it at that."

24/09/18

Team statement issued by the Viking's General Manager Rick Spielman about the situation: "We are aware of the situation involving Everson Griffen and certainly concerned by what we have heard. We are currently focused on Everson's well-being and providing the appropriate support for him and his family."

<https://www.espn.co.uk/nfl/story/_/id/24788373/vikings-gm-rick-spielman-focused-providing-support-everson-griffen-alleged-incident>

25/09/18

On Tuesday, Vikings coach Mike Zimmer addressed the media and discussed his relationship with Griffen.

“Yeah, the only thing we’re really concerned about for Everson isn’t really anything to do with football,” Zimmer said Tuesday. “It’s about him getting better. In the five years that I’ve been here I’ve always loved Everson. The effort that he puts out, the work that he does, the chants you count on him at game time, even at practice. He’s always been a really good model for us and obviously he’s going through some tough times now.”

Of course, we’d all love to see Griffen back on the field. But Griffen needs to get healthy, and if that means never playing football again, so be it. Some things are bigger than football. This is one of those things.

We wish nothing but the best for Griffen, who has been an absolute fan favorite in his time with the Vikings

<https://www.espn.com/nfl/story/_/id/24794154/everson-griffen-barred-minnesota-vikings-ordered-undergo-mental-health-evaluation>

<https://www.vikings.com/news/transcript-zimmer-addressed-the-media-on-tuesday-x3168>

27/09/18

• Hours before Vikings match away at LA Rams Griffen posted on Instagram

• 'I am currently focused on resolving personal issues with which I have been dealing with for a long time...I apologize for not being able to take the field with my teammates and do not have an exact time for my return.'

• <https://www.instagram.com/p/BoP2xVHltcO/?utm_source=ig_embed>

27/09/18 to 21/10/18

• Misses 4 further matches (5 in total) due to official reason of "not injury related" or 'personal matter'

23/10/18

• Return to team announced

Vikings general manager Rick Spielman statement: “We have been in communication with Everson’s medical professionals throughout this process and have relied on his recommendations regarding the appropriate next steps for Everson...We are excited to welcome Everson back to the Vikings and to see him around teammates, coaches, and staff — people who care deeply about his well-being. Our focus will continue to be on providing an ongoing support system for Everson and his family.

Griffen's statement:

“Being around my teammates and coaches is something I have missed for several weeks,” Griffen said. “While this is an exciting and positive move forward for me, it is only the next step in a longer process. I look forward to once again putting in the work with the guys and contributing to this team in any way I can.

“My larger focus remains on addressing my personal health, and I’m hopeful the time will come when I feel comfortable sharing my story and using my platform to bring awareness to these issues. I continue to be extremely grateful for the constant support from my family, my teammates, the Vikings organization and our tremendous fans.’’

28/10/18

• Returns for action for away match against New Orleans Saints

• <https://www.twincities.com/2018/10/23/vikings-everson-griffen-to-return-after-one-month-absence-for-mental-health-issue/>

End

**Case 3 - Imani Boyette - Mental Injury Timeline (1997-2020)**

**Imani Boyette (nee McGee-Stafford)**

Start

1997-1999

• At age 3 Imani involved in “high profile” length custody battle between her parents Pamela McGee and Kevin Stafford.

• Pamela McGee loses custody of her daughter Imani

• Imani’s older brother Javale McGee remained with Pamela McGee

1999-2006

• At age 5 Imani stays with her father Kevin Stafford

• At age 8 Kevin Stafford remarries

• At age 8 discovers her parents’ divorce papers

• Sexually abused as a child from ages 8 to 12 by her step-brother

• First suicide attempt at age 10 (attributed to struggling with her parent’s divorce)

• Starts Therapy at age 10 after first suicide attempt (Imani’s stepbrother tells father about suicide attempt)

• Stops Therapy “when the family couldn’t afford it anymore”

• Second suicide attempt at High School (attributed to struggling with her parents divorce).

• Unaware of the molestation, Imani remained silent as the assaults reoccurred for the next four years (ages 8-12)

• Starts reading the diary of Anne Frank and poetry of Tupac

• Perform poetry at a middle school talent show (“while it was highly embarrassing, the entire experience kinda gave me more love for the stage”)

• A psychology class reading on ‘abuse’ triggers McGee-Stafford’s awereness of being a victim of abuse (“And I’m literally seeing myself on the page. Like, seeing habits I have. Behaviors I have. Things I do.”)

• Starts to write poetry at age 12

• Hospitalised and starts Therapy (“she spent the first three weeks of her junior year [of high school] receiving intense treatment in an institution. But she still didn’t tell her father about her sexual abuse”)

• Arguments with her father and “kicked out of the house multiple times”.

• Starts smoking marijuana ("I started getting high," Imani says. "I started acting out in every way possible.")

• Third suicide attempt at age 17 (attributed to her realisation that she had been molested)

November 2011

• Wins full scholarship to play basketball for the Texas Longhorns at University of Texas

• First disclosure to Longhorns coach Karen Aston (“I told her. I told her about my abuse. I told her I got high. I told her about my suicide attempts. And she just understood”)

2012

• Starts University of Texas and moves away from home

• Second disclosure to senior teammate Nneka Enemkpali

• Third disclosure to University Professor Tasha Philpot (also Enemkpali’s mentor)

• Fourth disclosure to Paul Boyette (who becomes her boyfriend, later her husband)

2013

• Finds Slam Poetry and Attends Austin International Poetry Festival and reads poetry from her phone and gets 4th place overall.

• Joins the ‘They Speak Austin’ poetry team and starts to read her work in public, albeit anonymously. "I started going to slams and open mics — and listening to people who didn’t necessarily look like me or come from where I come from express the same emotions that I felt”

• Starts to attend open mic and poetry slams and watches poetry videos on YouTube about issues that were similar or the same as hers (“Poetry helped me find my voice and the confidence to tell my story”) (Foster-Brasby, 2017)

• Becomes the first UT women’s basketball player to garner over 1000 points, 1000 rebounds and 200 blocks.

• Named the Big 12 Rookie of the Year in 2013.

2014

• Travels with the Austin youth slam (poetry) team to a competition in San Francisco. UT Athletics sent a video production team with her to film a short segment for Longhorn Network. "I guess they thought I was gonna be talking about rainbows and sunshine … and I’m up there talking about being molested as a child."

• The video was picked up by the main ESPN network and turned into a SportsCenter feature. The event was the “first time she directly addressed her abuser in a poem she performed”… what Imani didn’t know is that Longhorn Network is owned by ESPN. So when the segment was finished, ESPN was the first to see it”

• Fifth disclosure to both her parents

• Sixth disclosure was to her roommate Brady Sanders

• Seventh disclosure to a group of her teammates at a ‘They Speak Austin’ event

• Graduates from University of Texas with a degree in Accounting from the McCombs school of business

01/03/2015

• Appears on ESPNs ‘Her voice’ feature for Black History Month and discloses her history of suicide attempts and molestation

Key link: ‘Her voice’ video: [https://www.youtube.com/watch?v=zzC-dHfj9Ac](%20https%3A/www.youtube.com/watch?v=zzC-dHfj9Ac)

31/5/2017

• Becomes mental health advocate

‘Atlanta Dream centre Imani-McGee Stafford is helping break taboo on mental illness’ (2017) ONLINE

[https://theundefeated.com/features/atlanta-dream-center-imani-mcgee-stafford-mental-illness-taboo/](https://theundefeated.com/features/atlanta-dream-center-imani-mcgee-stafford-mental-illness-taboo/%20) (Accessed 05/07/2020)

• Becomes an APB speaker who is able to be booked for events

<https://www.apbspeakers.com/speaker/imani-mcgee-stafford/>

<https://hoopsandhopefoundation.com>

• Serves as a spokeswoman and summer camp counsellor for ‘Sparks of Hope’, a non-profit in Portland, Oregon, that helps children who are survivors of abuse.

12/02/2019

• McGee-Stafford holds a book release party for her book ‘Notes in the key of Heartbreak’. Link: <https://www.youtube.com/watch?v=N84KkfdLmNI>

February 2019

• Creates non-profit ‘Hoops and Hope Foundation’, focuses on having family-friendly conversations about sexual violence and mental health

January 2020

• In 2020, Imani announces that she is leaving the WNBA for two seasons to pursue a law degree at Southwestern Law School in LA

End

**Case 4 - Brandon Brooks - Mental Injury Timeline (2012-2019)**

**Brandon Brooks**

Start

2012-2015

• Anxiety originally occurred whilst Brooks was playing for Houston Texans

• Anxiety was not diagnosed

• The reason given to the public for missing two games was an ulcer or stomach pains

• He appeared in 50 games during his four years with the Houston Texans

Key link:

9/10/14

• Missed Colts/Texans game due to ankle/illness

6/12/15

• Missed game against Buffalo Bills

• Hospitalised due to sweating and vomiting

• <https://www.battleredblog.com/2015/12/7/9867340/houston-texans-injury-news-update-on-brandon-brooks>

9/3/16

• Signed a five-year, $40 million contract with the Philadelphia Eagles

28/11/16

• Missed a game against the Green Bay Packers

• Continued to seek help for his continuing stomach pains

• Experiences uncontrollable vomiting that goes on for 24 hours pre-game

04/12/16

• He returned to play against Cincinnati Bengals

11/12/16

• He missed the home game against the Washington Redskins

• Official reason: Unspecified illness

14/12/16

• Locker-room interview

• Brooks announces that he has been recently diagnosed with anxiety

• Symptoms on-and-off over the years

• "What I mean by anxiety condition (is) not nervousness or fear of the game...What it is, is that I have like an obsession with the game"

End

**Significant events after initial public disclosure:**

• MIAMI UNIVERSITY (2018) Brandon Brooks ’11 addresses Miami University's Class of 2018. ONLINE [https://www.youtube.com/watch?v=385orXQ1CdU](https://www.youtube.com/watch?v=385orXQ1CdU%20) (Accessed 18/06/2019)

24/11/2019

• Withdraws during game against Seattle Seahawks when anxiety symptoms return

• <https://www.nbcsports.com/philadelphia/video/brandon-brooks-has-powerful-message-people-dealing-anxiety>

• <https://www.theguardian.com/sport/2019/nov/25/brandon-brooks-eagles-seahawks-anxiety-nfl>

**Case 5 - Brandon Marshall - Mental Injury Timeline (2004-2018)**

**Brandon Marshall**

Start

31/10/2004

• Marshall is arrested on charges of assault on a police officer, disorderly conduct, trespass and resisting arrest without violence and refusal to obey.

• Charges were dismissed

8/3/2005

• Brandon Marshall charged with theft in a coat factory

• Charge dropped

26/5/2007

• False-imprisonment charge dropped against Broncos' Marshall

• [https://www.espn.com/nfl/news/story?id=2882758](https://www.espn.com/nfl/news/story?id=2882758%20%20)

23/10/2007

• Brandon Marshall charged with Driving Under the Influence (DUI) of alcohol

•[https://web.archive.org/web/20090402114207/http://www.rockymountainnews.com/drmn/local/article/0,1299,DRMN\_15\_5728658,00.html](https://web.archive.org/web/20090402114207/http%3A/www.rockymountainnews.com/drmn/local/article/0%2C1299%2CDRMN_15_5728658%2C00.html%20)

24/3/2008

• Brandon Marshall Slips on McDonald’s Bag, Arm Goes Through TV, suffering a serious arm injury and bad cuts

• [https://www.denverpost.com/2008/03/24/broncos-marshall-suffers-bad-cuts](https://www.denverpost.com/2008/03/24/broncos-marshall-suffers-bad-cuts%20%20)

• <https://www.denverpost.com/2008/03/24/report-broncos-wr-brandon-marshalls-arm-injury-serious/>

24/6/2008

• On-field talent, off-field trouble

• <https://www.denverpost.com/2008/06/24/on-field-talent-off-field-trouble/>

8/7/2008

• Another traffic ticket for Bronco Marshall

• [https://www.denverpost.com/2008/07/08/another-traffic-ticket-for-bronco-marshall/](https://www.denverpost.com/2008/07/08/another-traffic-ticket-for-bronco-marshall/%20%20)

28/8/2009

• Brandon Marshall Suspended For Preseason by Denver Broncos due to 'detrimental' conduct

• [https://www.espn.com/nfl/trainingcamp09/news/story?id=4428598](https://www.espn.com/nfl/trainingcamp09/news/story?id=4428598%20)

23/4/2011

• Miami Dolphin Brandon Marshall Stabbed by Wife

• [https://abcnews.go.com/US/brandon-marshall-stabbed-wife-arrested/story?id=13443675](https://abcnews.go.com/US/brandon-marshall-stabbed-wife-arrested/story?id=13443675%20%20)

25/4/2011

• Police confirm that Brandon Marshall was stabbed by his wife, Michi Nogami-Marshall

• [https://www.espn.com/nfl/news/story?id=6414256](https://www.espn.com/nfl/news/story?id=6414256%20%20)

31/7/2011

• Marshall announces at a press conference that he has been diagnosed with Borderline Personality Disorder (BPD) and has undergone treatment

• "Dolphins WR Marshall says he wants to help others with BPD”.

• <http://www.nfl.com/news/story/09000d5d8211f89f/article/dolphins-wr-marshall-says-he-wants-to-help-others-with-bpd>

1 August 2011

• “NFL Star Brandon Marshall opens up about Personality disorder.”

• The Good Men Project by Ryan O’Hanlon

• <https://www.youtube.com/watch?v=MdOrgnhaibY&version=3&hl-en_US>

1 August 2011

• “Borderline Personality Disorder blamed for Brandon Marshall’s troubles”.

• CBS News by CBSNews.com’s Health Editor Ryan Jaslow

• https://www.cbsnews.com/news/borderline-personality-disorder-blamed-for-brandon-marshalls-troubles/

10/10/2013

• Marshall donned a pair of bright green Nike cleats in support of Mental Illness Awareness Week. Marshall pledged to donate any fine he incurred from the NFL to charity, an estimated $5,250.

• https://goodmenproject.com/featured-content/brandon-marshall-making-a-difference-for-mental-health-awareness-wasl/

15/5/2015

• Brandon Marshall on Borderline Personality Disorder (BPD)

• [https://www.youtube.com/watch?v=hEXXA6Qt678](https://www.youtube.com/watch?v=hEXXA6Qt678%20)

7/4/2016

• Brandon Marshall says he feared for his life outside night club

• https://nypost.com/2016/04/07/brandon-marshall-says-he-feared-for-his-life-outside-night-club/

4/2/2018

• Brandon partnered with the University of Michigan, the rapper Logic, Glenn Close, his wife Michi and the Steven Schwartzberg Foundation in launching a campaign titled Who Can Relate, a national mental health awareness campaign.

• <https://pagesix.com/2018/04/02/brandon-marshall-bonded-with-giants-over-mental-health/>

End

**Case 6 - Marcus Trescothick - Mental Injury Timeline (2002-2008)**

**Marcus Trescothick**

For full details of Trescothick's experiences see his autobiography:

TRESCOTHICK, M. 2008. *Coming back to me: the Autobiography,* London, HarperSport.

Start

8/2/2002 to 3/4/2002

• Winter tour of New Zealand

• First episode of ‘burnout which later contributed so much to the illness that finally ended my career’

8/12/2004 to 13 February 2005

• Winter tour of South Africa, Trescothick returns to action

• On arrival in SA ‘realized that something was wrong...feelings of homesickness...disruption to normal sleep...not really eating...couldn’t concentrate or get into the cricket, that I was struggling.'

26/10/2005 to 22/12/2005

• Autumn tour of Pakistan, England lose Test and One-Day series

• Twice persuaded to stay on tour by England captain Michael Vaughan, despite wife's post-natal depression being diagnosed and father-in-law's hospitalisation (serious fall from ladder, in intensive care)

• Manager Duncan Fletcher nominates Freddie Flintoff to captain in Michael Vaughan's absence, as Trescothick not 'in the right place'

23/2/2006 to 25/2/2006

• Second and final warm-up fixture against President's XI in Baroda

• Symptoms: Listlessness, lack of interest, burnout, sick, anxious, nervous, homesick, crying, insomnia, panic attack, separation anxiety

• Following his dismissal in England's second innings Trescothick did not field in the President's XI second innings. Official reason: 'Migraine'

25/2/2006

• Trescothick leaves the tour after captaining the side during the second warm-up fixture against the Board President's XI

• In the Post-match press conference Duncan Fletcher (manager) states that the reason for the sudden departure was 'family, personal reasons'.

• Media reports that Trescothick's wife has 'post-natal depression'

• <https://www.telegraph.co.uk/sport/2332797/Trescothick-leaves-India-tour.html>

25/2/2006 to 9/4/2006

• Media rumours persist about Trescothick and his wife

• Symptoms persist: Anxiety

• Provisional GP diagnosis: 'Anxiety attacks' and 'depression'. Prescribed anti-depressant, escitalopram

• Returns home for further GP appointments

6/3/2006

• Psychiatric assessment

• Diagnosis: Anxiety and stress

March 2006

• ECB make official statement about the on-going Test series against India

• 'Marcus Trescothick has been ruled out for personal reasons which cannot be revealed at the moment'

11/3/2006

• ECB make official statement ruling Trescothick out of 7 One-Day internationals against India

• Includes an attributed quote from Trescothick stating:

• 'I'm naturally disappointed to be missing the tour of India, but it is my intention to play cricket for Somerset this summer and make myself available for England selection for this summer's international programme'.

• England set-up begin to discuss a formal media announcement

9/4/2006 to 12/4/2006

• Interview with Sky Sports journalist Ian Ward recorded (9/4)

• Interview originally broadcast Wednesday 12 April between innings of England's sixth ODI against India in Jamshedpur

• Explains departure from tour due to need for a 'break...recharge the batteries' following 6 years of touring.

• Anxious Trescothick opts against using the expression 'personal issues'

• Discusses a 'bug' or 'virus' he picked up in Mumbai (Bombay) and that it persisted during his return to England

• States that he would be willing to tour again and would 'love' to play for England in May's forthcoming fixtures at home to Sri Lanka

• Media furore and speculation

13/4/2006 and 14/4/2006

• Treatment begins with Counsellor from Performance Healthcare, through Professional Cricketers' Association (Trescothick's counsellor is referred to as Chris\* - anonymised by Trescothick on his\* behalf)

• Develops understanding of depression

• Begins taking anti-depressants again (Citalapram)

3/5/2006 to 6/5/2006

• (p.263-4) Coaching staff/selectors ‘aware...that I was undergoing ongoing treatment, but none of them had a clue about the detail of what I had gone through, or even that I was currently on medication. Indeed, that piece of news was kept from them all summer’.

8/5/2006 (Monday) to 5/6/2006 (Monday) Sri Lanka Test series (3 matches)

http://news.bbc.co.uk/sport1/hi/cricket/statistics/4628249.stm

• (p.272) ‘quite a few within the camp...still had no real idea...[management not] aware that I was currently on medication and would be for the rest of the summer, nor would they find out for several months, nor why I was. Indeed I myself was still only in the very early stages of recovery and of fully understanding the illness’

28/5/2006 (Sunday)

• News of the World story - Headline "Revealed: Tresco's COVER-UP'

• 'Media Handling Strategy' leaked to journalist David Norrie. Players'

• Then Chief Executive of Professional Cricketer's Association Richard Bevan blamed for 'cover-up' of 'ailment' and removal of reference to 'personal problem'.

• (p.280) ‘the central plank of the story, that it had been arranged and agreed in advance that I would say the words ‘personal issues to be resolved’ in the Sky interview and then ended up not saying them at all, was indisputably right’

Approx. 1/7/2006 to 12/9/2006

• Trescothick keen to be fit for winter tour of Australia

• Plan to taper medication so he was 'off the medication and cured' due to belief that they were causing 'lethargy' and 'taking the edge off my reactions' (p.285-6)

• Counsellor recommended 'minimum time-frame' of 6 months on anti-depressants

11/8/2006

• Meeting with David Graveney (Chairman of Selectors), Duncan Fletcher and Trescothick's counsellor (Chris\* - anonymised by Trescothick) from Performance Care to discuss forthcoming tour.

• Fletcher reluctant to let Trescothick miss Champions Trophy in India. Trescothick says that 'it will make me ill' again (p.289)

• Counsellor Chris informs Fletcher and Graveney about Trescothick's 'depressive illness,' 'anxiety attacks,' his prescription for anti-depressants that he's been on all summer

• Assurances given that Trescothick would be fit for Ashes tour

5/9/2006

• The Sun had got hold of story that Trescothick would not be travelling to India for the Champions Trophy.

• Trescothick has to bring forward his statement announcing that news and the reason

6/9/2006

• Trescothick's statement (drafted with counsellor Chris' input) is released

• ECB Statement released:

• “A spokesman for Performance Healthcare, the specialists treating Trescothick said “After his return from the tour of India in March, Marcus sought specialist help for his ongoing symptoms. In addition to the deleterious effects of the acquired gastrointestinal infection on his health, it later became evident that he was also suffering from an underlying stress-related illness”” (OS) p.299-300)

September 2006 to October 2006

• Continues regular counselling sessions with Chris\* (anonymised)

• Discussions with Steve Bull (team psychologist) and Nick Pierce (new England team doctor)

• Health improving, reducing medication gradually

• Interview with the Daily Mirror: 'The constant treadmill of playing, training and being a way from home non-stop took its toll...But now the buzz is back, the energy is back. I'm fit and raring to go'

• Undergoes hypnotherapy to 'cure' mental health issues

3/11/2006

• Departs England

• Wife and daughter due to come out to Australia two weeks later

6/11/2006

• Media day at Sydney Cricket Ground

• Radio, TV, Newspapers present

• Openly discusses illness, reasons for delaying disclosure (e.g. feeling like being a 'failure' and the 'stigma' of 'stress-related illness'

• In private mood 'had already begun to change for the worse' (p.312)

9/11/2006

• Travel to Canberra for One-Day game versus Australian Prime Minister's XI

• Speaks with team-mate Ashley Giles about sleep problems and anxiety

• Scored 2 runs

11/11/2006

• 'Tiredness' excuse given to team-mates

• Symptoms worsen (sleep, variable mood). Speaks with Nick Pierce who advised Trescothick to start back on medications immediately

• Requests for wife and daughter to fly out earlier than planned

• 'Separation anxiety' returned

14/11/2006

• Meeting held while Trescothick out in the field involving Duncan Fletcher, Matthew Maynard (assistant coach), Nick Pierce and Freddie Flintoff (captain) Fletcher decided that Trescothick should be sent home immediately

• Later in the day's play Trescothick asked the umpire to go off for a toilet break and 'never came back' on to the field, aware that 'career in dire jeopardy' as a result

•Andrew Walpole releases an ECB statement:

“England have announced that Marcus Trescothick is to return home to the UK from the team's Ashes tour of Australia.The Somerset batsman has suffered a recurrence of the stress-related illness, which led to him coming back early from England's tour of India earlier this year. Trescothick...will play no further part in the Ashes Tests”

16/11/2006

• First session with counsellor Chris back in England

• Diagnosis: 'Acute stress reaction'

• International cricket as 'work' environment is unforgiving and very taxing. 'Pressurized environment, watched by up to 30,000 spectators and millions of television viewers, scrutinizing my performance'

May 2007

• In conversation with David Graveney Trescothick provisionally made himself available for the Twenty20 World Cup tournament

11/7/2007

• Graveney makes official ECB announcement of squad:

'We have decided to name Marcus in the provisional squad in order to give us more flexibility should it be decided that Marcus is ready to return to international cricket before the tournament takes place...We will not be placing undue pressure on him to make a return to international cricket without first carefully considering all the issues involved'

25/7/2007

• ECB release statement revealing that Trescothick had made himself unavailable for the Twenty20 tournament in South Africa

• 'Whilst I have been making good progress... I am now clear I should take more time to complete my recovery. I still have ambitions to play for England'.

• Graveney adds 'The selectors have been acutely conscious that it would be counter-productive to try and rush Marcus back into international action before he was ready'

22/3/2008

• Trescothick formally announces his international retirement

• <http://news.bbc.co.uk/sport1/hi/cricket/england/7309556.stm>

• His statement reads:

• 'It is in the best interests of all concerned that the issue is put to rest so the England team can concentrate on moving forward... I have tried on numerous occasions to make it back to the international stage and it has proved a lot more difficult than I expected. I want to extend my playing career for as long as possible and I no longer want to put myself through the questions and demands that go with trying to return to the England team"

1/9/2008

• Trescothick's autobiography 'Coming back to me: The Autobiography' published by Harper Sport publishers

• Provides a comprehensive account of the issues he faced

26/09/2019

• Makes final appearance for his county Somerset

• Retires from cricket, aged 43

25/11/19

• Signs a two-year contract to become an assistant coach at Somerset

https://www.bbc.co.uk/sport/cricket/50546203

End

**Case 7 - Sarah Taylor - Mental Injury Timeline (2016-2008)**

**Sarah Taylor**

Start

16/05/16

• Press statement announces Sarah Taylor's indefinite break from cricket

• https://www.bbc.co.uk/sport/cricket/40057017

08/06/16

• Official English Cricket Board (ECB) "break" interview with Sarah Taylor

• Discusses her anxiety and the treatment plans

• https://www.ecb.co.uk/tv/111082

15/12/16

• Handed 2-year ECB central contract

• https://www.ecb.co.uk/news/219480

10/04/17

• Added to UAE training camp squad preparing for World Cup

• Originally left out of squad

• http://www.bbc.co.uk/sport/cricket/39558444

26/04/17

• Return to action Vs. Ireland in UAE

30/04/17

• Taylor posts tweet from own account (@Sarah\_Taylor30)

• Proud of England return

03/05/17

• England coach Mark Robinson interview post UAE tour

• "She’s not out of the woods yet but she’s making great strides"

• World Cup selection remains possible

• https://www.ecb.co.uk/news/383488

22/05/17

• Taylor picked in World Cup squad

• http://www.bbc.co.uk/sport/cricket/39996606

26/05/17

• Official English Cricket Board (ECB) "return" interview with Sarah Taylor

• https://www.ecb.co.uk/tv/403099

24/06/17

• Plays in all of England's victorious World Cup matches (games played: 9/9),

• Runs: 22, 11, 74no, 147, 35, 8, 0, 54, 45; Total Runs: 396; Batting Average: 49.50;

• Catches: 4; Stumpings: 2

End

**Significant updates after initial public disclosure:**

2018

* Taylor missed the Women's World Twenty20 tournament in November 2018 as part of an **ongoing management of her anxiety**
* England coach Mark Robinson said: "Since the end of the summer Sarah hasn't been able to train fully with the squad due to not being as fit as she would want to be from a psychological point of view.
* "It's important we see mental health in a similar way to a player with a physical injury," added Robinson.
* "Sarah will continue to train at Loughborough at a pace more suited to where she is right now with a view to hopefully being fully fit in the new year."
* <https://www.bbc.co.uk/sport/cricket/45683801>

2019

* Announces **retirement** from international cricket due to 'ongoing battle with anxiety'
* "This has been a tough decision but I know it's the right one, for me and for my health moving forward," said Taylor.
* <https://www.bbc.co.uk/sport/cricket/49851970>