

The Life and Death of Steve Montador: A Wake-Up Call for the NHL

Steve Montador was a talented hockey player who struggled with mental illness and addiction. His death in 2015 sent shockwaves through the hockey world, and his story is a cautionary tale about the dangers of ignoring mental health issues in athletes.

Montador was born in 1979 in Vancouver, Canada. He was a talented hockey player from a young age, and he was drafted by the Calgary Flames in 1997. He played in the NHL for 10 seasons, with the Flames, Boston Bruins, Florida Panthers, Anaheim Ducks, and Chicago Blackhawks.

Montador was a physical player who was known for his toughness. He was also a popular teammate, and he was well-liked by fans. However, Montador also struggled with mental health issues and addiction. He was diagnosed with bipolar disorder in 2003, and he battled depression and anxiety throughout his life. He also struggled with alcohol and drug addiction.



Game Change: The Life and Death of Steve Montador, and the Future of Hockey by Ken Dryden

★★★★☆ 4.8 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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In 2015, Montador was found dead in his home in Mississauga, Ontario. He was 35 years old. His death was ruled a suicide.

Montador's death was a tragedy, and it sent shockwaves through the hockey world. His story is a cautionary tale about the dangers of ignoring mental health issues in athletes. It also raises important questions about the NHL's responsibility to its players.

The NHL has a history of ignoring mental health issues in its players. In the past, players who struggled with mental illness were often stigmatized and ostracized. They were often told to "toughen up" or to "get over it." This culture of silence and denial has contributed to the high rates of mental illness and addiction among NHL players.

In recent years, the NHL has begun to take mental health more seriously. The league has partnered with the National Alliance on Mental Illness (NAMI) to provide mental health resources to players and their families. The league has also implemented a new policy that requires teams to provide mental health training to their players and staff.

However, there is still more that the NHL can do to address mental health issues in its players. The league needs to do more to educate players about mental illness and to reduce the stigma associated with it. The league also needs to provide more resources to players who are struggling with mental health issues.

The death of Steve Montador is a wake-up call for the NHL. The league needs to do more to address mental health issues in its players. If the league does not take action, more players will die.

There are a number of things that can be done to prevent another tragedy like the death of Steve Montador.

- **The NHL needs to do more to educate players about mental illness.** Many players do not understand what mental illness is, and they may be reluctant to seek help if they are struggling with symptoms. The league needs to provide players with information about mental illness, and it needs to make it clear that it is okay to ask for help.
- **The NHL needs to reduce the stigma associated with mental illness.** Many players are afraid to admit that they are struggling with mental health issues because they fear being stigmatized. The league needs to create a culture where it is acceptable to talk about mental health, and it needs to make it clear that players will not be punished for seeking help.
- **The NHL needs to provide more resources to players who are struggling with mental health issues.** The league needs to make sure that players have access to affordable mental health care, and it needs to provide support to players who are struggling with addiction.
- **The NHL needs to work with other organizations to address mental health issues in athletes.** The league cannot do this alone. It needs to work with other organizations, such as NAMI, to provide players with the resources and support they need.

By taking these steps, the NHL can help to prevent another tragedy like the death of Steve Montador.

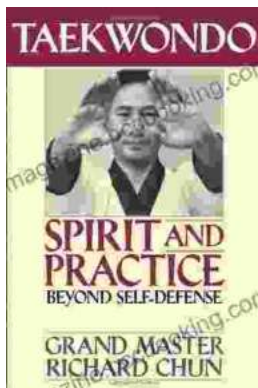
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