



Dear Waterford Lancers Lax Players and Coaches,

Thank you for your participation in the 2018 Lax2Live Season. You are part of an important movement to erase the stigma and shame associated with mental health and suicide awareness.

Lax2Live was created to honor our son Brian who loved the game of lacrosse. Yet he, like many other athletes struggled with anxiety, depression and hopelessness. In his memory we created the Lax2Live Lacrosse Program with the mission of reducing suicide among young people, to educate our community on the risk and warning signs of mental illness and suicide, and to erase the stigma surrounding suicide and mental health.

We ask that you help us to create awareness by starting this difficult conversation. Talk with your peers, ask for help if you need it or reach out to a friend you think needs support.

Join the movement, keep the conversation going!

Find us on social media, The Brian Dagle Foundation is on Facebook, Instagram and Twitter! #keeptheconversationgoing

Thank you again for the support of the Lax2Live Program and the Brian Dagle Foundation.

-The Dagle Family