# West Ham Striker Michail Antonio Opens Up About Mental Health Struggles and Therapy Journey



West Ham striker Michail Antonio, aged 34, recently revealed his struggles with mental health and the positive impact of therapy on his well-being. Speaking on the "High Performance" podcast, Antonio detailed how his divorce from ex-wife Debbie Whittle led him to experience significant mental strain.

The footballer confessed that during a particular game in December 2022, he had become so disenchanted with football that he prayed for an injury to take a break. Antonio recounted feeling exhausted and underperforming on the pitch from December until around March or April. His mental state improved after he started therapy, an experience he initially found uncomfortable but ultimately life-changing.

As he shared his journey, many on social media commended Antonio for his openness, underscoring the importance of mental health awareness. This disclosure follows similar revelations by other Premier League players like Everton's Dele Alli, who also publicly discussed his mental health challenges and subsequent rehabilitation.

Antonio's account highlights the complex interplay between personal issues and professional performance, offering a candid glimpse into the pressures faced by athletes.