# Los Angeles Rams Quarterback Stetson Bennett Opens Up About Mental Health Struggles During Rookie Season



Los Angeles Rams quarterback Stetson Bennett discussed his absence from the team during his rookie season, attributing it to mental health issues. Bennett, selected in the fourth round of the 2023 NFL Draft, was placed on the Rams' reserve/non-football injury/illness list just before the season opener. He opted not to disclose specific details, preferring to keep them private.

During an organized team activity workout on May 28, 2024, Bennett participated in drills, supervised by head coach Sean McVay and quarterbacks coach Dave Ragone. He expressed his excitement about returning to the field, emphasizing his love for football. Rams offensive coordinator Mike LaFleur noted Bennett's positive attitude and work ethic.

Bennett’s rookie season was initially promising before struggling in the preseason finale and subsequently being placed on the non-football injury/illness list. The Rams had since signed Carson Wentz and Jimmy Garoppolo to support Stafford, who returned to lead the team to a 10-7 record last season.

Despite his initial nerves, Bennett appreciated the organization’s support during his time away. His return is seen as crucial, especially with Garoppolo serving a suspension for the first two games of the season.