



# MENTAL WELLBEING

# CREATING A KINDER CULTURE

## WHAT CAN WE DO?

- ✔ Be proactive and not just reactive about checking in
- ✔ Ask people twice how they are, how they really are
- ✔ Prioritise the person before the performance
- ✔ Be present with people, not distracted
- ✔ Make an effort with those who don't always join in with social events
- ✔ Recognise unhealthy relationships, and talk openly and sensitively about them
- ✔ Invest time in people
- ✔ Be generous with whatever you have – time, knowledge, skills etc.
- ✔ Really listen

As a club and a community we have a role to play in creating a culture where people feel supported and can check in with each other.

## THINK ABOUT THE BANTER

Fun and banter are integral to the rugby community, and help alleviate other pressures in our lives. However, what is considered banter by some can be upsetting for others, and often it can mask what a person is really feeling.

**81%**

of rugby club members agree that people at their club would support them emotionally

**93%**

of rugby club members agree that being part of a rugby club is positive for their emotional health

*If you would like further information and resource around mental health, please visit*  
**ENGLANDRUGBY.COM/RUGBYSAFE**

