



# MENTAL WELLBEING

Rugby is a game for all, however different people face different issues when it comes to mental health and it's important to know that someone who seems OK might actually be struggling underneath.

It is not our place to diagnose, but it is important to be aware and proactive in recognising signs of poor mental health.

# SPOTTING THE SIGNS

## HOW SIGNS MIGHT LOOK WITHIN A RUGBY CLUB ENVIRONMENT:

- Being out of character, perhaps they are more withdrawn or are showing a noticeable change in alcohol drinking habits
- Struggling to focus as normal in training and games
- Struggling to accept that they cannot control every area of their performance

## WHAT TO LOOK OUT FOR:

Mood changes | Sleep disturbance  
Becoming withdrawn | Changes in eating or drinking

*If you would like further information and resource around mental health, please visit*

**ENGLANDRUGBY.COM/RUGBYSAFE**

