



# MENTAL WELLBEING

# WHAT ARE WE TALKING ABOUT?

**In many ways, mental health is just like physical health:** everybody has it and we need to take care of it. It is just as important to have good mental health as good physical health.

## IF YOU'RE IN GOOD MENTAL HEALTH, YOU CAN:

- ✓ Make the most of your potential
- ✓ Cope with life
- ✓ Play a full part in your family, workplace, community and among friendship groups

**4-10%**  
**OF PEOPLE**

in England will experience depression in their lifetime.

**ONE ADULT  
IN SIX**

has a common mental health problem.

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

