

## **DORSET & WILTS RUGBY FOOTBALL UNION MENTAL HEALTH & WELLBEING POLICY AND INFORMATION.**

Dorset & Wilts RFU are committed to helping all our rugby players, volunteers, and supporters, to maintain healthy mental wellbeing.

We are working with our trusted healthcare partner, and lead RugbySafe sponsor, Simplyhealth and with rugby specific mental health charity Looseheadz to keep the rugby community healthy by promoting healthy discussion around mental wellbeing and signposting those who need it to expert advice.

It is estimated that one in four people will experience a mental health illness each year in the UK. For these people, the pressures and strains of life and work can act as a catalyst to mental health problems, with the most common being depression and anxiety.

The links between good physical health and mental health are well recognised. Physical activity such as playing rugby can be very beneficial for mental health and wellbeing as well as bringing physical benefits.

If you want to talk to someone, please contact your clubs rugbysafe lead, safeguarding lead or mental wellbeing ambassador. They will be happy to chat and may be able to help or give you information to find the right help for you.

For more information and resources.

Visit

[Mental-Wellbeing-Keeping-the-Rugby-Community-Healthy.pdf](#)

[\(keepyourbootson.co.uk\)](#)

[09. Mental Wellbeing \(keepyourbootson.co.uk\)](#)

[LooseHeadz Foundation - Tackle The Stigma](#)