



WRU COMMUNITY WELFARE SUPPORT & GUIDANCE

HOW TO LOOK AFTER YOUR MENTAL HEALTH & WELLBEING

We are committed to putting welfare at the heart of our game.

Our aim is to provide education, guidance, and the tools to help you live a healthier and happier life! Talking about your worries and problems can make things easier.

SPEAK TO SOMEONE IF YOU'RE NOT OKAY.

NHS



If any player or volunteer at the club is struggling, please advise that they visit their local GP. They can also call 111 & press option 2 for urgent mental health support.

[Click here](#)

LOOSEHEADZ



The mission is simple; to place a mental health lead into every rugby club around the world, and equip them with a toolkit of resources to help #TackleTheStigma

[Click here](#)

RESILIENCE FOR RUGBY



Lloyd Ashley delivers face to face sessions on awareness and education in Mental Health & Wellbeing. The aim of the sessions is for players to understand the importance of looking after themselves mentally and physically.

[Click here](#)

CONTACT US:

We have an Integrity line in place, which has been developed to encourage participants of the game to speak up with the comfort that they will be listened to, and their concerns will be handled sensitively.

WRU Integrity Line – 02920 822200

WRU Integrity Mailbox: integrity@wru.wales

Further information. WRU Wellbeing Centre: [Click here](#)

