

Lift the Weight



The #LiftTheWeight campaign by the Rugby Players' Association (RPA), a signatory of the Mental Health Charter for Sport and Recreation, aims to remove the stigma surrounding mental health issues.



“It’s perfectly acceptable to put your hand up and say I’m struggling. I’m finding it hard.”

James Haskell, Wasps and England

“The best thing I’ve ever done as an athlete is accept I needed to talk.”

Danielle Waterman, England



By sharing the stories and experiences of team-mates and peers, #LiftTheWeight creates a greater understanding of mental health issues within the sport.

The RPA hopes the campaign will resonate beyond its membership, reaching players at all levels as well as the wider population.

Highlights the RPA has achieved through its Mental Health Charter action plan:

- Nine current and former elite players speaking out about their own experiences with mental health to help raise awareness.
- Launched a #LiftTheWeight hub with videos, advice and links related to a range of mental health issues that may affect you, or somebody you know.
- Don't suffer in silence. #LiftTheWeight.

To join the Charter contact:
policy@sportandrecreation.org.uk

#SportMinds

