


AHEAD OF THE GAME

**MIND.
SET.
ENGAGE.**

AHEAD OF THE GAME




MOVEMBER®


**NEW ZEALAND
RUGBY**

SUPPORTING MENTAL WELLBEING

MIND SET ENGAGE IS NEW ZEALAND RUGBY'S FREE MENTAL HEALTH AND WELLBEING PROGRAMME. DESIGNED TO EDUCATE AND SUPPORT PLAYERS, COACHES, SUPPORT STAFF AND THE WIDER RUGBY COMMUNITY.

Mind. Set. Engage is delivering a Movember funded programme called Ahead of the Game that has been tailored for young rugby players in New Zealand.

Research by the University of Wollongong shows Movember Ahead of the Game achieves positive outcomes for young sports players. It's been delivered globally in Australia, the United Kingdom and Canada.

Ahead of the Game involves:

- A one-hour mental wellbeing workshop for your rugby players, delivered by a team of experienced facilitators.
- The workshops provide schools with the knowledge, skills, and resources needed to make mental wellbeing a priority and ensure that everyone feels supported both on and off the field.

Now, more than ever, young people are struggling with their mental wellbeing.

Research shows that 50% of mental health challenges occur by age 14 and 75% by age 24. That's why this programme is so important.

What sets it apart from other youth mental health programmes, is that it uses the power of sport to connect with young people. It builds communities that are mentally fit, have greater understanding of mental health and stronger resilience to deal with challenges in sport and life.

Research so far has shown that the programme results in:

- Increased understanding of the importance of mental health.
- Greater confidence in recognising the signs and symptoms of mental health challenges in themselves and others.
- Greater confidence in seeking help for mental health.

50%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 14

75%

OF MENTAL HEALTH CHALLENGES OCCUR BY AGE 24