



“Facing up to Australia’s fast bowlers was nothing compared to facing up to my depression.”

In 2005 the England cricket team won their first Ashes in 16 years.

It was memorable for many reasons - one of which was the outstanding batting of Marcus Trescothick.

What made Marcus’ achievements all the more remarkable is that beneath the veneer of his success as a cricketer were bouts of what was later diagnosed as clinical depression, the effects of which led to him flying home early from two overseas England tours, with the reasons shrouded in mystery.

It was not until 2008, when Marcus announced his retirement, that the truth finally came out. “It was a huge and extremely difficult step to actually admit that I was suffering from a mental health problem. If someone in the dressing room complained about being depressed they’d be told to ‘cheer up’ or ‘pull yourself together.’ Until I started to experience and understand the illness I was one of those doing the telling.”

But Marcus was not alone - research shows that men are prone to self-stigma and are half as likely to talk to friends about their problems than women and two thirds are unlikely to go to their GP.

By ‘coming clean’ about the excuses he helped to confront the myth that mental health problems are something to be ashamed of and to hide. As Marcus says: “Depression doesn’t care who it attacks; if it wants you, you cannot beat it off with a CV or a bank balance.”

Marcus carries on shining for his county club Somerset and his success is testament to the fact that people with mental health problems can continue to lead happy and successful lives.

Pledge to help end mental health prejudice at time-to-change.org.uk

time to change
let's end mental health discrimination

 **mind** **rethink**

 **LOTTERY FUNDED**



FUNDED BY
COMIC RELIEF