# Chelsea Defender Millie Bright Opens Up About Mental Health Struggles After Injury



England and Chelsea defender Millie Bright has opened up about the mental health challenges she faced after sustaining a knee injury that sidelined her for over five months of the Women's Super League season. This injury caused her to miss much of manager Emma Hayes' final campaign at Chelsea. During the Mental Health Awareness Week, which concludes on May 19, Bright discussed the emotional impact of her injury, admitting to doubts about the continuation of her football career.

Bright, who has been with Chelsea since 2014 and assumed the role of captain during the previous year’s World Cup, expressed the difficulty of not being able to contribute on the field while her teammates struggled in competitions, including the Women’s Champions League and domestic cups. She highlighted the importance of mental health support and the crucial role Hayes has played in her recovery process, describing Hayes' support as "massive."

The 30-year-old also emphasized the importance of discussing mental health issues and reaching out for support. She shared her thoughts on the need for athletes, often perceived as needing to be strong and unemotional, to allow themselves to be vulnerable and seek help when necessary. Bright's experiences shed light on the mental health challenges athletes face, especially during injury setbacks.