

Nguyen Quang Hai is the only Vietnamese player to feature in the latest global campaign of FIFA named #ReachOut.



According to FIFA, the campaign is designed to raise awareness of the symptoms of mental health conditions, encourage people to seek help when they need it, and take action every day for better mental health. With the support of past and current football players, FIFA is underlining the importance of greater awareness around mental health.

"Depression and anxiety affect rising numbers of people worldwide, and young people are among the most vulnerable. Having a conversation with family, friends or a healthcare professional can be key. FIFA is proud to launch this campaign, supported by the World Health Organization, to encourage people to #ReachOut," said FIFA president Gianni Infantino.

A series of renowned footballers have since participated in the campaign.

Hai was chosen for his popularity and influence in Vietnam. Along with him, other famous players in Southeast Asia like Chanathip Songkrasin (Thailand), Safawi Rasid (Malaysia) and Soukaphone Vongchiengkham (Laos) will also join the campaign.

The 24-year-old is an irreplaceable player in the national team and will play a crucial role as Vietnam enter the final round of World Cup qualifiers in September.

Vietnamese football star to join FIFA global campaign

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