

Mental Health, Gambling-Related Harm and Wellbeing

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ENHANCING CULTURAL CAPABILITY
AND WORKPLACE WELLBEING

Children & young people

Mental health problems often develop early

1/10

children
aged 5-16 have
a diagnosable
condition



1/2

of all mental
health problems
are established
by the age of 14



3/4

of all mental
health problems
are established
by the age of 24



Source: The five year forward view for mental health, Mental Health Taskforce, 2016

BBC



The interconnection

Current picture of mental-ill health

- 1 in 4 adults experience mental-ill health in any given year
- Income for mental health trusts rose by less than 2.5% in 2016/17 compared to more than 6% for acute and specialist trusts ¹
- Since 2012/13, funding for mental health trusts has increased by just 5.6 per cent compared to an increase of 16.8 per cent for acute hospitals. ²

Source: <https://www.kingsfund.org.uk/press/press-releases/mental-health-funding-gap-widens-further>

Jan 2018

Mental-ill health and work

Stevenson/Farmer review October 2017

- c.15% of people at work have symptoms of an existing mental health condition.
- Annual cost to employers not supporting their staff with mental-ill health is between £33 and £42 billion.
- Evaluations of workplace interventions show a return to business of between £1.50 and £9 for every £1 invested in mental health and wellbeing initiative.
- 15.4 million (declared) sick days lost due to mental-ill health (HSE Oct 2018)

Gambling
Addiction
across life
stages

Children as young as 7 can develop a gambling addiction due to computer games, parents' or grandparents' habits

Social Media and Computer games have led to an increase in 11-16 year-olds with an addiction c. 25k and c. 36k with serious problems

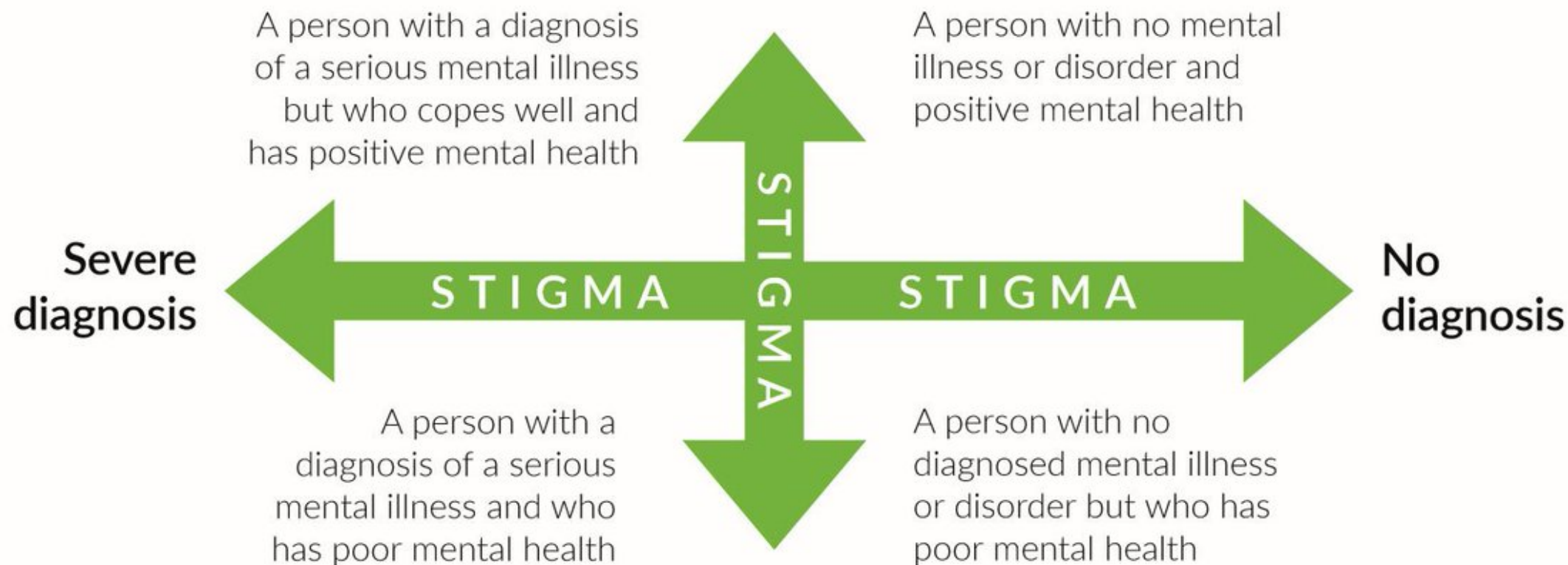
Lack of widespread discussion and education about gambling addiction and related harms

9 in 1000 adults are thought to have a gambling addiction (0.9%). Mainly men across the world. 70% of who are in work in the UK.

No absolutes

Maximum mental wellbeing/fitness

The continuum . . .



Minimum mental wellbeing/fitness



MHFA England



Unique
stressors for
Gambling
Addiction
(and related
harms)

Isolation

Trauma

Hope, desire and luck

Escape from reality

Culture of Gambling

Gambling- related harm

Fraud or crime to finance gambling

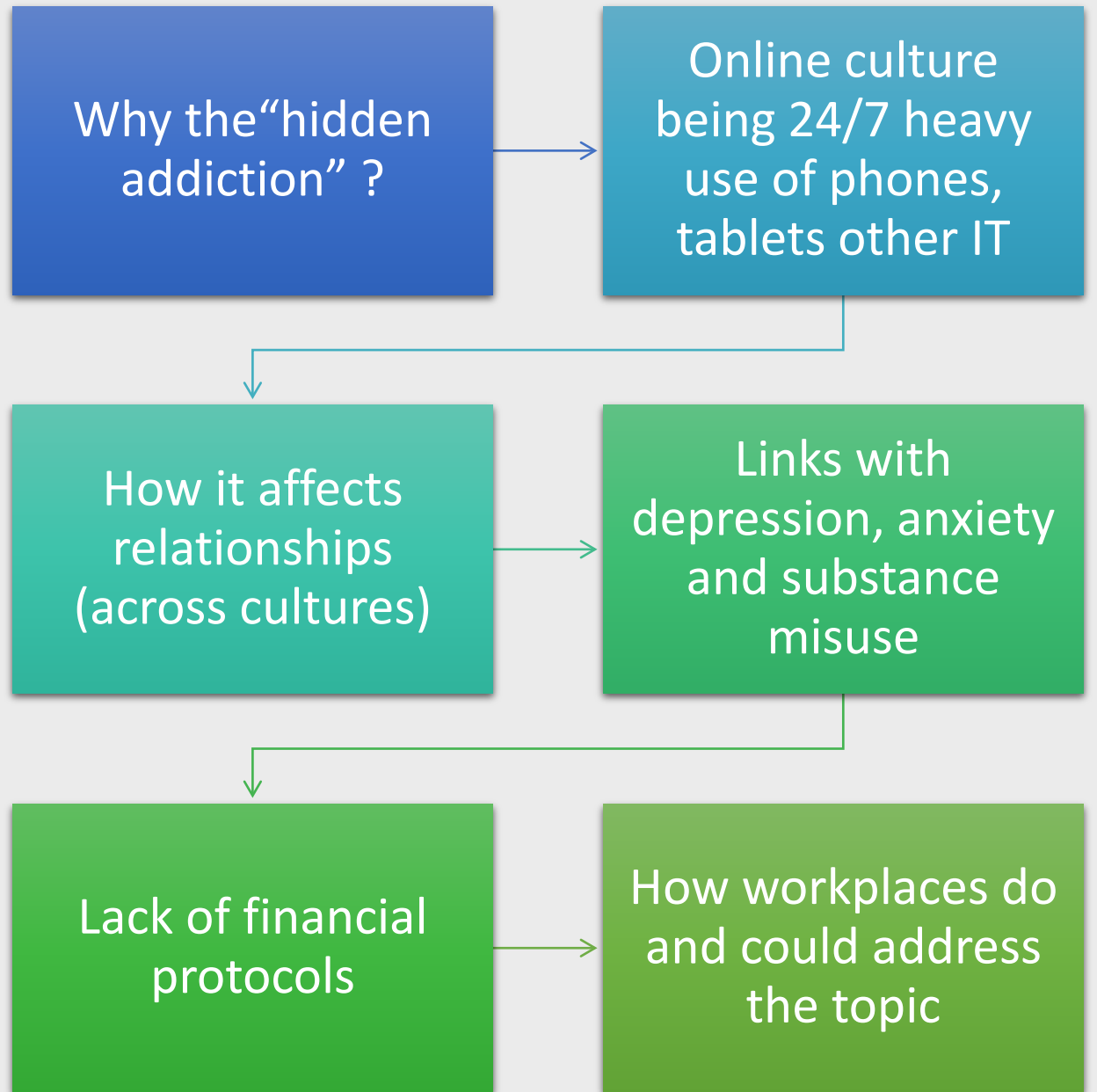
Broken relationship in all areas of life

Increased risk of suicidal ideation and acting on these thoughts (80% vs 17% for gen. poptn.)

Long-term debts and poor credit rating

Makes someone more vulnerable to developing mental-ill health such as depression or anxiety

Areas that
could be
explored



What
could be
done?



Approaches to minimise gambling-related harm



Specific Resources Gambling- related harm

- [CNWL National Problem Gambling Clinic](#) in London. Only one in the UK, private and NHS
- [Gamcare](#) - runs the national HelpLine and its online equivalent, the NetLine. Plus face-to-face online counselling in many parts of the UK.
- The [Gordon Moody Association](#) charity providing treatment and housing for problem gamblers.
- [Gamblers Anonymous](#) 12 Step Programme
- [Gamanon](#) groups for carers/family of problem gamblers.

Mental Health Resources

- GPs
- Self-referral via iAPT
- CAMHS
- National Pro
- Local Mind centres
- Specific charities –online, over the phone and face-to-face Muslim Youth Helpline, Papyrus, CALM, Samaritans
- Private counsellors- BACP Registered
- Self-help strategies- exercise, complimentary therapies and mapping triggers

Thank you for listening

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Diverse Minds UK

<https://diverse minds.co.uk>

