

British Bangladeshi Psychiatrists Association (BBPA)

Dr Suman Ahmed MSc, FRCPsych

Consultant Psychiatrist

General Secretary - BBPA

British Bangladeshi community in the UK

- The 2021 United Kingdom census recorded over 652,500 Bangladeshis residing in the UK, 1% of total UK population (1).
- Just under half of the population residing in Greater London. A large number also live in Birmingham, Manchester, Luton and Oldham area.
- Bangladeshis are also one of the country's youngest and fastest growing communities.
- Predominantly Muslim faith (92%)
- Still high unemployment rate: first generation was involved in factory and catering sector. Now diverse employment with increasing entry into professional carer.

Distinct risk factors for poor mental health

- Significant socioeconomic disadvantages: living in council/overcrowded housing, experience higher rates of unemployment with dependent children and poor health (2; 3; 4).
- Traditional notions of masculinity: discourage men from relying on female family members and emphasise their role as providers putting them under a lot of mental strain (5).
- “Hard-to-reach” population: underuse mental health services compared to British white population (3)

Barriers to access to mental health service and community resources (6)

- Stigma, shame and losing respect.
- Many believe that following one's religion and its practices helped to maintain one's mental health.
- Seeking help from faith healer only.
- Lack of awareness of available mental health support services,
- Language barriers.

BBPA activities

- **Public Awareness Campaigns:** Organizing seminars, workshops, and community events to educate BME and Bengali-speaking communities about mental health issues, available support services, and strategies for maintaining well-being.
- **Online Resources:** Developing and distributing informational materials, including brochures, leaflets, and social media content, in Bengali and other relevant languages to increase mental health awareness.
- **Signposting Services:** Providing guidance to individuals on how to access mental health services, both within the NHS and through other charitable or community organizations.

BBPA activities

- Collaborations: Partnering with local community centres, faith groups, and educational institutions to deliver tailored mental health awareness programs.
- Advocacy: Engaging in advocacy to identify the specific mental health needs of BME and Bengali-speaking communities and advocating for better mental health services and policies that address these needs

Expected benefit for the society

- **Reducing Stigma:** By raising awareness and normalizing conversations around mental health within BME and Bengali-speaking communities, BBPA helps reducing the stigma associated with mental illness, encouraging more people to seek help when needed.
- **Improving Access to Services:** By signposting individuals to appropriate mental health services, BBPA bridges the gap between these communities and the healthcare system, leading to earlier interventions and better health outcomes.

Expected benefit for the society

- Promoting Well-being: Educating communities about mental health and well-being can lead to healthier, more resilient populations, reducing the long-term social and economic costs associated with untreated mental health issues.
- Empowering Communities: By providing information and resources, BBPA helps empowering individuals and families to take control of their mental health, fostering a culture of proactive health management within these communities.

References

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Any Questions?

THANK YOU