



Don't bet on it

Description

We are committed to promoting effective financial and mental wellbeing as key drivers of a healthy, sustainable workplace culture.

Our AfroCentric Employee Wellness Team recently hosted an event called Financial Wellness on the Couch Conversation. The theme was: "The hidden risks: How gambling impacts financial stability and mental health."

The event drew over 400 participants from both internal and external stakeholders and created a safe, engaging platform for open dialogue on the often-overlooked impact of gambling on personal finances and mental health.

Expert panellists shared valuable insights while highlighting available support services, including confidential counselling, debt management coaching and referral pathways, as well as responsible gambling resources. We also heard from a recovering gambling addict who spoke about his journey and how help is available for those who find themselves trapped in the web.



As a healthcare company, we extended the invite beyond the workplace to families and communities as part of our corporate citizenry.

A special word of thanks to our Sanlam corporate colleagues for their meaningful participation and support, which contributed to the success and impact of the conversation.

[Click here](#) to watch the recording of the video.





Category

1. Our Wellness