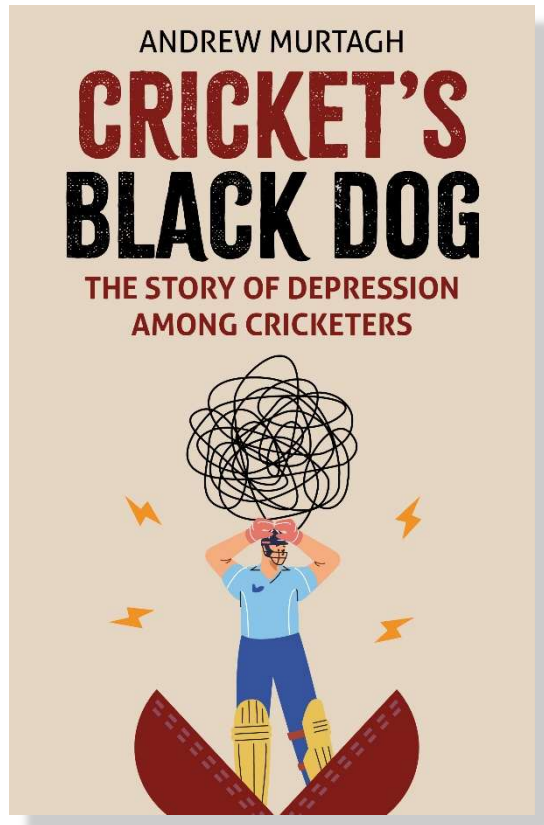




Title information



Cricket's Black Dog

Depression and Cricket

By Andrew Murtagh

Key features

- Cricket has seen a shockingly high number of suicides among former first-class players: the book examines the circumstances around some of the better-known cases
- Exclusive interviews with well-known figures such as David Frith, Jeremy Snape, Graeme Fowler, Barry Richards, David Nash, Huw Turbervill and Ian Thomas
- Author candidly describes his own mental-health battles including being hospitalised with depression
- Is cricket to blame or are cricketers, by their nature introspective and self-critical, temperamentally inclined to suffer mental-health issues?
- Does the game provide adequate support for sufferers or is mere lip service being paid to tackling the problem?
- Publicity campaign planned including radio, newspapers, websites, podcasts and magazines

Description

Here are some troubling statistics. English cricketers are almost twice as likely to commit suicide as the country's average male. Together with farmers, who have the means to end their lives readily to hand – a gun – and dentists, who have to peer into people's mouths every day of their working lives, more cricketers commit suicide per capita than any other occupation in England. To date, 151 former first-class cricketers have taken their own lives. But why? Is the game of cricket to blame or are cricketers by the very nature of their occupation more susceptible to depression and thoughts of suicide? Why should cricketers, who spend their days in healthy, outdoor pursuit, be more vulnerable than others? As a former first-class cricketer who has battled depression for most of his life, the author is perfectly placed to explore this conundrum. By drawing on the experiences of high-profile players as well as his own, he supplies a wide-ranging yet deeply personal examination of a problem that simply won't go away. Just how do we tackle this silent killer?

Details

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