

MUSLIM MENTAL HEALTH SUPPORT SERVICES

COUNSELLING/THERAPY SERVICES



The Reflection Project

● Website: thereflectionproject.org

Free, faith and culture sensitive psychotherapy for children and young people of Muslim heritage aged 2-24. Also perinatal and parent support.

● Languages: English, Farsi, Urdu, Arabic



Ihsaan

● Website: ihsaan.org.uk

18+ only. In person (Bradford only) and by phone/online (UK). Couples therapy, individual therapy, family therapy, religious OCD, grief and loss counselling, Connection Cafe peer support group.

● Languages: Arabic, Bengali, English, French, Gujarati, Mirpuri, Punjabi, Swahili and Urdu.



Islamic Counselling "Awakening the Heart"

● Website: islamiccounselling.info

Sabnum Dharamsi and Abdullah Maynard are experienced counsellors, offering face to face (Bedfordshire) and Skype sessions (UK). Sabnum Dharamsi was Chair of the Muslim Women's Helpline for over 10 years and Abdullah Maynard is Chair of the Lateef Project.



The Lateef Project

● Website: lateefproject.org

18+ only. Free Islamic Counselling. We provide up to 18 sessions, each 50 minutes long, of free multi-lingual faith-based counselling to adults who are looking to address specific issues with their mental health. We currently provide services to residents of Birmingham and London.



Inspired Minds

● Website: inspiredminds.org.uk

18+ only. A faith based, grassroots mental health charity located in London providing professional, nonjudgemental, confidential support to those with mental health illnesses. Team includes Counsellors and CBT therapists



Sakoon

● Website: sakoon.co.uk

Counselling service for children and adults. Individuals, couples, families, mediation.



Muslim Counsellor and Psychotherapist Network

● Website: mcapn.co.uk

Directory of Muslim counsellors and psychotherapists. An independent network, providing resources to the public, alongside services and resources to its members.

HELPLINES



Muslim Youth Helpline

● Website: myh.org.uk

Phone: 0808 8082008 4pm-10pm Mon-Sun (free)

Free, faith and culturally sensitive support by phone, live chat, whatsapp or email. Non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid.



Muslim Community Helpline

● Website: muslimcommunityhelpline.org.uk

Phone: 0208 908 6715 OR 0208 904 8193

Free, confidential, non-judgemental listening and emotional support service.

Service hours: Monday to Thursday: 10 am to 1 pm. Fridays 10am-4 pm

● Languages: Arabic, Monday mornings. Mon-Thur, Asian languages (Urdu, Punjabi, Gujrati) & English.

Fridays, English. NEW: Arabic on Mondays, 10-1

ONLINE RESOURCES

The organisations listed above have helpful resources on their websites. In addition, please see the following:



Young Minds

● Website: youngminds.org.uk

Faith-friendly information and advice, shaped by the voices of young Muslims and created in partnership with Muslim Youth Helpline.



Muslim Mind Collaborative

● Website: muslimmindcollaborative.co.uk/edu

Our schools toolkit aids schools in improving faith literacy and cultural sensitivity, with the aim of destigmatising and lightening the mental load of Muslim children and young people.