

Muslim Mind Collaborative

Roadmap 2022



MUSLIM MIND
COLLABORATIVE

About BCBN



The Better Community Business Network is a registered charity set up by a group of business people and professionals that have come together to support local community projects that make a real difference to the communities they serve.

The Muslim Mind Collaborative (MMC) has been formed as a result of years of research conducted into the Mental Health and Wellbeing of British Muslims and drawing on academia, statutory services, community practitioners, faith leaders and faith-led psychotherapy services. Our aim is to widen the parameters of the agenda on Mental Health to consider the needs of faith communities and service users of Muslim background. Our findings can be found on the [BCBN](#) website.

This strategy outlines our approach to supporting the Mental Health and Wellbeing of Muslims across the United Kingdom.

Engaging with Service Users

BCBN, in partnership with the University of East London, School of Psychology launched a landmark report about mental health in the Muslim community. [‘Hidden Survivors’](#), is a report about the mental health of young British Muslims. The report highlights the need to address the causes of poor health outcomes among young Muslims by tackling structural racism and negative experiences that deter Muslims from accessing services, as well as the importance of faith and culturally sensitive services to improve health outcomes.

HIDDEN SURVIVORS UNCOVERING THE MENTAL HEALTH STRUGGLES OF YOUNG BRITISH MUSLIMS



4 in 5 of young Muslims said they suffered mental health struggles



ANXIETY 54%
DEPRESSION 49%
STRESS 49%
the most common mental health struggles among young Muslims



Over 70% of those who say they experience mental health struggles also said they had been victims of ISLAMOPHOBIA



1 in 5 said they had turned to no one when undergoing difficulties



60% said they would not tell their PARENTS if they had a mental health struggle



More than 2/3 of participants experienced BULLYING (mainly in a public setting). Over 70% said bullying occurred in schools



Almost half said a member of their family had been a victim of abuse. In all types of abuse the perpetrator was an immediate family member



64% of young Muslims said they experienced SUICIDAL thoughts



34% of young Muslims who have experienced mental health struggles said they have not received any form of COUNSELLING or THERAPY



90% of service users said it was important for mental health support services to be **FAITH AND CULTURALLY SENSITIVE**

**The survey features over 700 participants between the ages 18-30 (April 2019)*

MMC Partners



Mind in the City, Hackney and Waltham Forest (Mind CHWF) have supported better mental health for diverse communities in East London for 40 years. Mind CHWF provide a broad range of services, including peer support, economic inclusion and award winning culturally literate psychological therapies. The organisation works in partnership with around 50 other organisations a year to improve access and outcomes for people experiencing mental distress. www.mindchwf.org.uk



The Markfield Institute of Higher Education has been running for 20 years. Since its inception it has been driven by the unique purpose of carrying out objective and critical studies of Islam and Muslims, and to provide alternative perspectives and insights into emerging contemporary issues and strategies to address them. The Centre for the Study of Muslim Wellbeing has been set up to take this work further, focusing on developing and bringing to light the expertise within communities through academia and research. www.mihe.ac.uk



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VISION & PURPOSE

To embark on a journey with our partners to ensure access to appropriate mental health and wellbeing support for **Muslim communities across the UK. To build a world where everyone has a quality of life and pathways to health.**

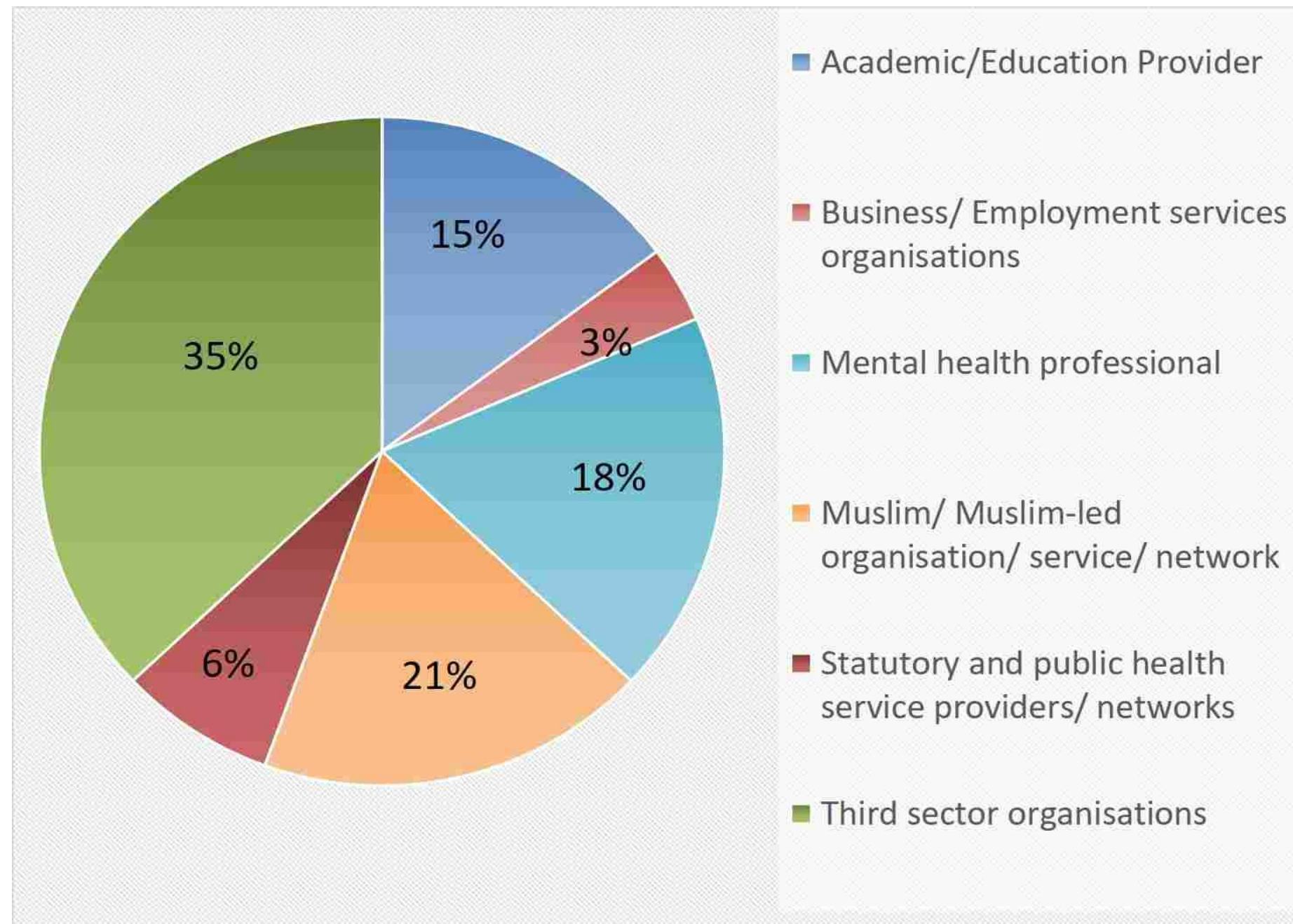
VALUES

Compassion
Empowerment
Respect
Collaboration
Inspiration

Stakeholder Survey

Over 35 organisations from various sectors have responded:

The programme focus and objectives are derived from the Muslim Mind Collaborative Stakeholder Community Consultation Survey where 35 organisations participated. Here are some of the sectors that participated:



Stakeholder Survey

Muslim Mind Collaborative Community Consultation



57%

Found facts and statistics around Muslim mental health as an area of key interest in relation to their organisation/service.



71%

Think partnership and collaborative opportunities would benefit their organisation/service as a form of support.

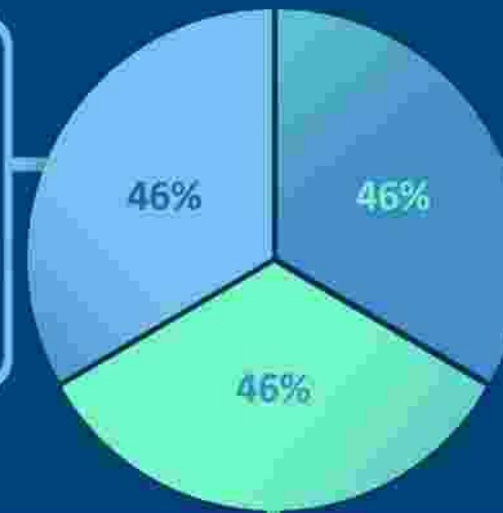


82%

Believe lived experience informs their understanding and improves their engagement with marginalised communities.



Think community networks would benefit their organisation/service as a form of support.



Found Islamophobia and bullying experienced in educational, work place and public settings as an area of key interest in relation to their organisation/service.



Recognises 'faith' as a valued and powerful tool in supporting/managing mental health struggles as well as developing effective strategies for resilience and recovery.



29%

Believe a recruitment and retention plan for staff of Muslim and ethnic minority backgrounds is useful to their organisation.



63%

Found mental health and young people as an area of key interest in relation to their organisation/service.



66%

Found faith, culture sensitive training and development as an area of key interest in relation to their organisation/service.

2022 Focus

EDUCATION

Improvement of faith literacy in Mental Health Services.

POLICY

Build upon relevant policy narratives and recommendations to enhance advocacy and mental health service improvement.

FUNDING

Identify and support a funding gap agenda and opportunities.



Education

Improve faith literacy in Mental Health services

Improve faith literacy in Mental Health services to increase awareness and competence, improve user access and experience for better service engagement and health outcomes.

Promote and implement the recording of faith data to better understand user needs and proportionality.

Encourage and uphold specialist research on faith communities for continued learning and advocacy.

Facilitate 'person-centric' faith and culture competency training.

Policy

Build upon relevant policy narratives and recommendations to enhance advocacy and mental health service improvement.

**Promote diversity, inclusivity and representation in workplaces and service providers.
Reviewing of recruitment policies and the retention of staff from faith communities.**

Build upon relevant policy narratives and recommendations to enhance advocacy and service improvement so the mental health of faith communities is pushed further up the policy agenda.

Funding

Identify and support a funding gap agenda
and opportunities

Identify and support a funding gap agenda and opportunities.

Enhance the role of charities/ philanthropists and beneficial partnerships to support collaborative work, increase engagement, representation and outreach.

Road-map

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Road Map

STEERING GROUPS

Working with subject specialists who will inform the delivery of the Muslim Mind Collaborative.



MATCHING

Supporting organisations in their journey by engaging and learning through partners relationships and mentoring.



WEBSITE

Creating a one-stop-shop for the Muslim community to access faith-sensitive mental health and well-being



PODCASTS

The Muslim Mind Collaborative podcast will explore a range of topics relevant to Muslim mental health matters and explore faith-based approaches to mental health.



TOOLKITS

Faith and culturally sensitive educational resources produced in collaboration with our partners.



IMPACT & LEGACY

Through the Muslim Mind Collaboration, we will measure our impact and leave a legacy for Muslim communities across the UK.



Muslim Mind Collaborative Launch

#TimeToTalkDay creating a forum to engage and support faith-sensitive approaches to mental health



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Watch MMC Launch
#TimeToTalkDay
[YouTube](#)



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I'm incredibly proud to support BCBN and local Minds who are working together to develop Muslim Mind. The aim being to improve service delivery to ensure that all Muslim communities have a fair and adequate pathway to support their mental health and wellbeing. They seek to enhance the role of charities, philanthropists and beneficial partnerships. They will support collaborative work, increase engagement, representation and outreach. Be a part of this much needed initiative and help create a change by joining Muslim Mind, which aims to build a collaborative of faith based and mental health service providers, community leaders and professionals, that highlight, advocate and support the mental health and positive well-being of Muslim communities across the UK. I hope you get involved.

- Dr Rosena Allin-Khan, Shadow Minister for Mental Health

Supporting quotes



"The quality of care you receive and how culturally and faith appropriate it is is important, however, lots of other factors impinge on the course of your mental health, your financial situation and how integrated you might be in your given community"

Brian Dow
Chief Executive, Mental Health UK;
Deputy Chief Executive, Rethink Mental Illness



"We already know from the literature that faith sensitive therapies can be used to address levels of depression, much more quickly and more effectively within cultural minorities and within Muslim communities mentioned in the report. Religion is a key aspect of identity and people from faith communities are more likely to use religious technique"

Dr Ghazala Mir
Associate Professor of Health Equity and Inclusion, Leeds University



"There's a lot of work for us to do in the mental health sector reaching children and young people, equipping professionals with the skills to work therapeutically and ensuring representative workforces"

Catherine Roche
Chief Executive, Place2Be



"We value lived experience; Mind was borne out of the closing down of asylums so a lot of local mind organisations started as lived experience meetings in a church. We are culturally agile, experimental and open hearted. I hope we can use our platform and influence to get the word out around the MMC and really encourage others to join us. Our strength is in collaboration with other grassroots organisations."

Lynette Charles
Chair, London Mind;
Chief Executive, Mind in Haringey



"I've managed to develop a model on how domestic violence occurs in the Muslim population. The idea of layers and barriers. What happens at the macro and societal level completely filters down and really shapes the community's ability to engage with systems and services. On a community and individual level Muslims have a narrative they have to contend with before they can even think about seeking support. People are often not aware of how they can inform change so the more we speak about it the better we can influence change."

Dr Rahmanara Chowdhury
Course Leader, Markfields Institute



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