



**MUSLIM MIND  
COLLABORATIVE**

# Muslim Mind Collaborative

**B | C** Better Community  
**B | N** Business Network

Partners:  
**MARKFIELD  
INSTITUTE**  
OF HIGHER EDUCATION

  
City and  
Hackney

# About us

**B | C** Better Community  
**B | N** Business Network

The Better Community Business Network (BCBN) 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 and community consultations conducted into the mental health and wellbeing of British Muslims and drawing on academia, statutory services, community practitioners, faith leaders, faith-led and psychotherapy services and those with lived experiences. Our aim is to widen the parameters of the agenda on mental health to consider the needs of faith.



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# Our 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](http://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 light the expertise within communities through academia and to research. [www.mihe.ac.uk](http://www.mihe.ac.uk)



# Overview

“The ‘parity of esteem’ established in the 2011 Coalition Government’s mental health strategy, ‘No Health Without Mental Health’, has enhanced consideration of and attentiveness to mental health.”<sup>1</sup>

There is an increasing demand for the inclusion of (or return to) **faith and spiritual identities within therapeutic work**.<sup>2</sup>

At Muslim Mind Collaborative, we aim to bring together a collaborative of community and mental health service providers to support and facilitate faith-sensitive approaches to addressing Muslim mental health.

Building upon the recommendations of the Hidden Survivors report last year, we encourage organisations to improve faith literacy for better outcomes and service performance that reflect the needs and requirements of the communities they serve. It was found that 90% of Muslim young people would like a faith sensitive approach to mental health.

Many more have decided not to engage with mainstream mental health services because they are not faith sensitive, highlighting the need for innovation in this space. This research demonstrated the integral relationship between faith and identity for British Muslims. The implications for practitioners and services are a greater need to understand and respond to this.



<sup>1</sup> Hidden Survivors, Uncovering the Mental Health Struggles of British Muslims Hidden\_Survivors\_Full\_Report.pdf (bcbn.org.uk) (page 7)

<sup>2</sup> Muslim Mental Health Matters, The Lantern Initiative (page 17).

# Faith Equity in Supporting Mental Health & Well-being

The Governments strategy and Mental Health Act should take due **consideration of religion as well as race when it comes to reforming mental health services to ensure they are better designed to deliver an outstanding quality of care Britain's diverse population.**

**Faith serves as a protective and supportive factor** acting simultaneously as a deterrent and a crutch when facing mental health struggles. There is strong statistical correlations indicate the strength of association between faith and mental wellbeing.

Faith as a protective factor when it comes to mental health should receive better attention and the use of "culturally appropriate advocates" should include **"faith advocates"** too, as separate and distinct from culture.

This is consistent with the government's manifesto pledge to **ensure services are "person-centred"** and should be given due consideration in the future planned reforms.

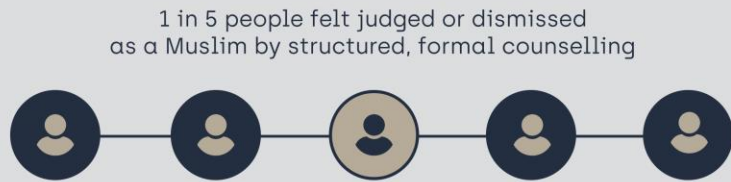


[bcbn.org.uk/reports](https://bcbn.org.uk/reports)

Partners:

## Muslim Mental Health Matters: Barriers to Accessing Mainstream Counselling

A report on UK Muslim communities & mental health services:  
Understanding barriers and gaps in support provision (2021)



The Lantern Initiative CIC, Civil Society Consulting CIC, Shaikh, A., Chowdhury, R., (2021). Muslim Mental Health Matters: 'Understanding barriers to accessing mental health support services and gaps in provision for the UK Muslim community'.



# Our Vision and Purpose

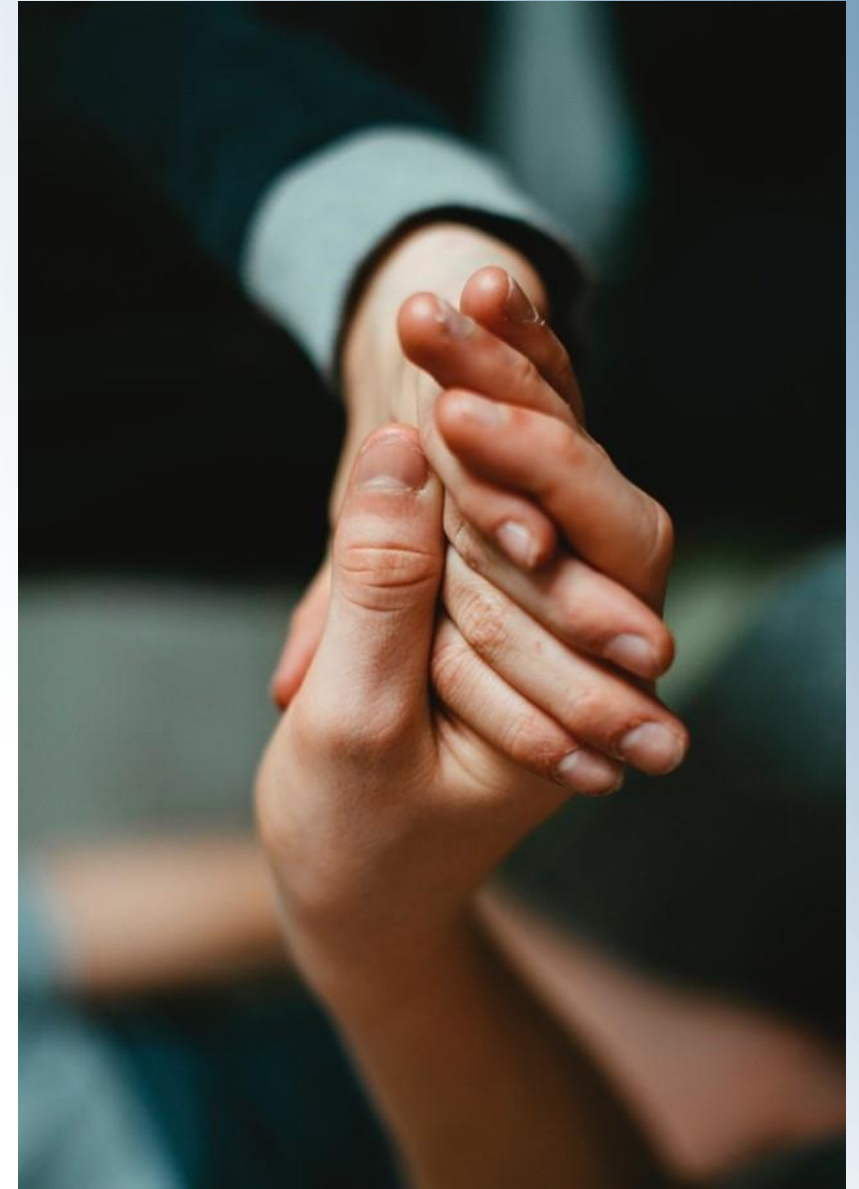


MUSLIM MIND  
COLLABORATIVE

To ensure access to appropriate mental health & wellbeing support for Muslim communities across the United Kingdom.

To embark on a journey with our partners in ensuring access to appropriate mental health and wellbeing support for Muslim communities across the United Kingdom to share best practice, resources and expertise.

Building a world where everyone has a quality of life and pathways to health.





# Our Values

We believe that a journey of learning, collaboration and openness is required to have an impact on the mental health of Muslim communities, as is demonstrated through our values.

## **COMPASSION**

Towards the communities we serve.

## **EMPOWERMENT**

For practitioners and service users in seeking faith sensitive mental health and wellbeing support.

## **RESPECT**

For everybody's unique experiences and needs towards healing.

## **COLLABORATION**

We are stronger together.

## **INSPIRATION**

It's in our power to change things for the better.



# Objectives

Education

**Improvement of faith literacy in mental health services**

Funding

**Identify and support a funding gap agenda & opportunities**

Policy

**Build upon relevant policy narratives & recommendations to enhance advocacy & mental health service improvement**



# Roadmap 2022 & beyond

## MATCHING

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

## RESOURCES

Faith and culturally sensitive educational resources, including insight documents, toolkits and website.

## ENGAGEMENT

Our evidenced based approach informs the delivery of the MMC. Consulting with service providers and users throughout.

## PODCAST

Exploring a range of topics relevant to Muslim mental health and exploring faith based approaches. [Watch & subscribe](#)

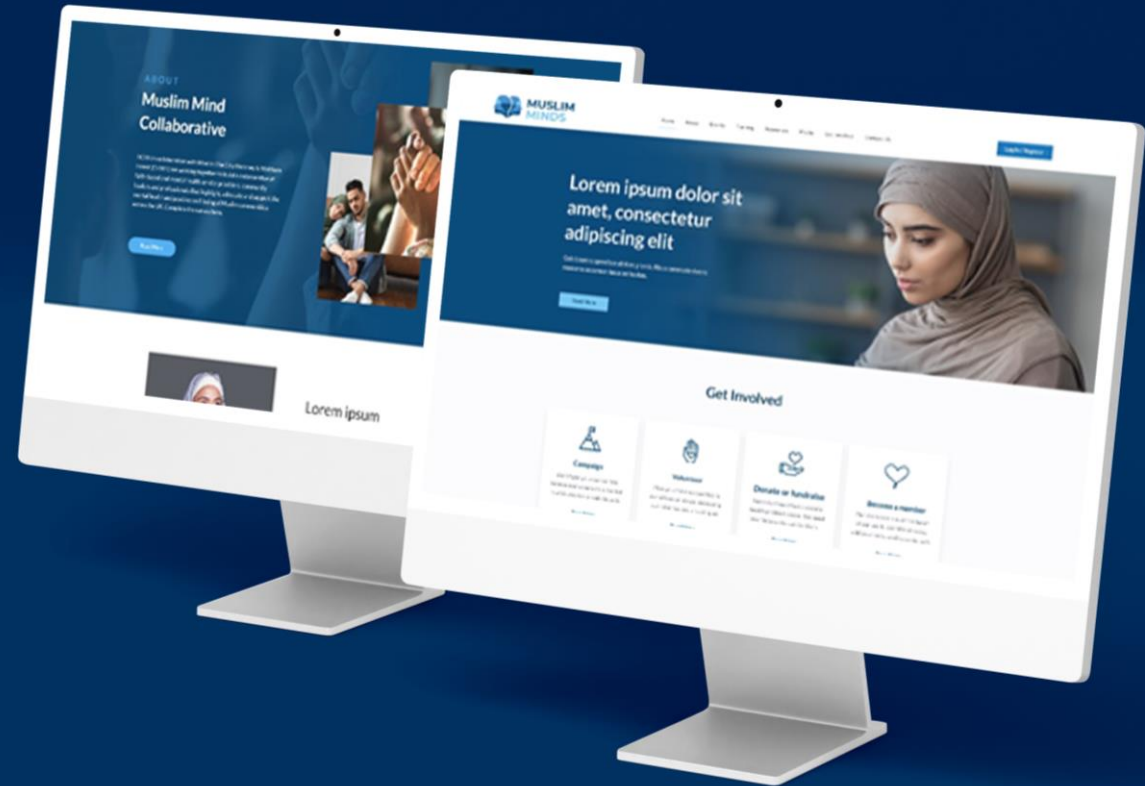
## IMPACT AND LEGACY

We will measure our impact and leave a legacy for Muslim communities across the UK.

# Website

The Muslim Mind Collaborative website, will provide a one-stop-shop for Muslim mental health and a platform for wider engagement and dissemination.

Sign posting to mental health support services, sharing educational resources, raising awareness and highlighting relevant campaigns and community activities, highlighting current reports and up-to-date research.



# Membership

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Membership to the Muslim Mind Collaborative (MMC) falls into three different categories:

## Members List

Be a member of our collaborative, gain access to and assistance from other MMC members

## Advisory Group

Be part of the Advisory Group that meets for quarterly meetings to advise MMC on our goals and strategies.

## Task Force

Members of the Task Force actively take part in shaping our output, by contributing their expertise and knowledge in the creation of our deliverables.

### How to become a member

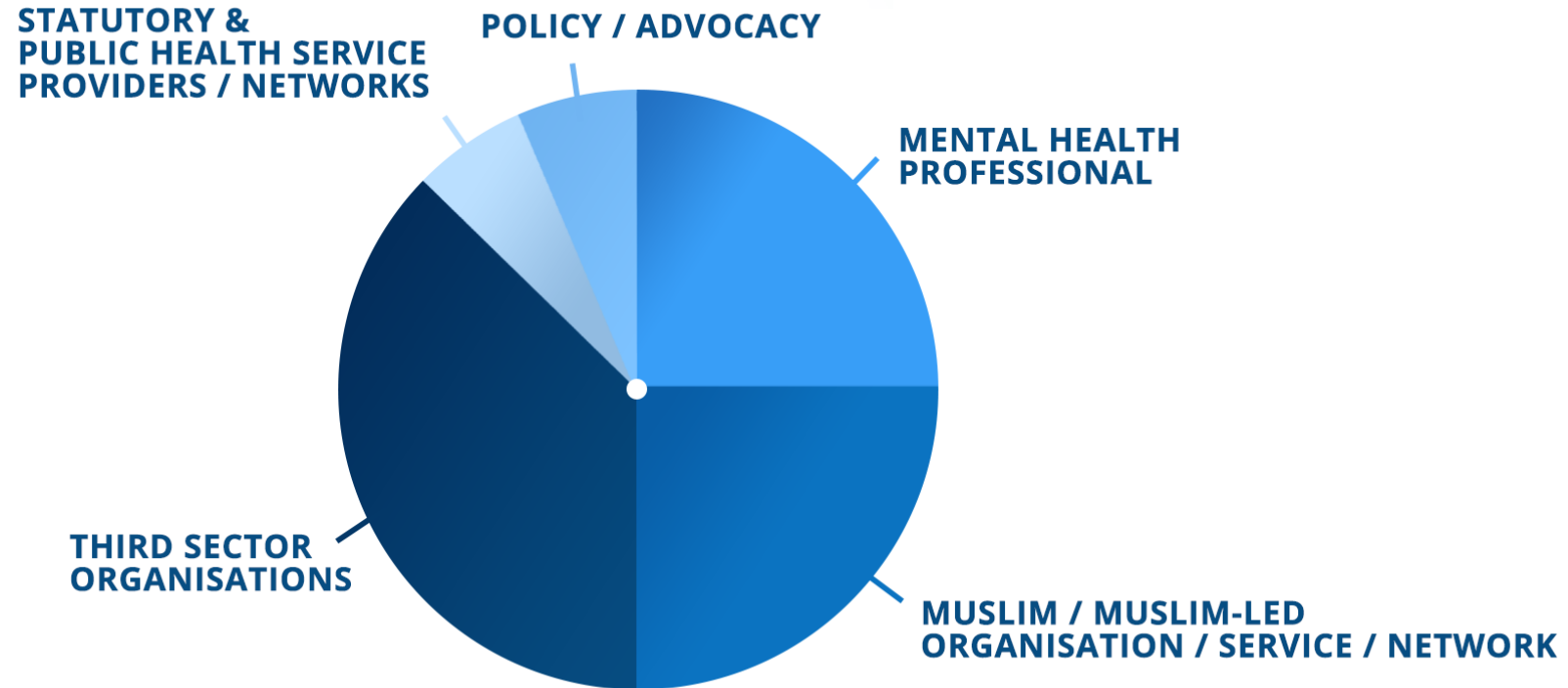
The membership onboarding process begins after the completion of our stakeholder survey ([click here to register](#)). In which we learn more about your organisation, the work you do and which membership category your organisation would be best suited to. This will help us identify areas you can best contribute and gain from MMC membership.

### What is expected of our members

Members are required to attend at least one Advisory Group Meeting per year, as well as engage with our output on social media and other mediums. We would also encourage all members to connect us with their comms team to allow for regular communication of updates and achievements.

# Membership Profile

The Muslim Mind Collaborative surveyed 50+ services as part of its consultation. These founding members come from various parts of the sector.



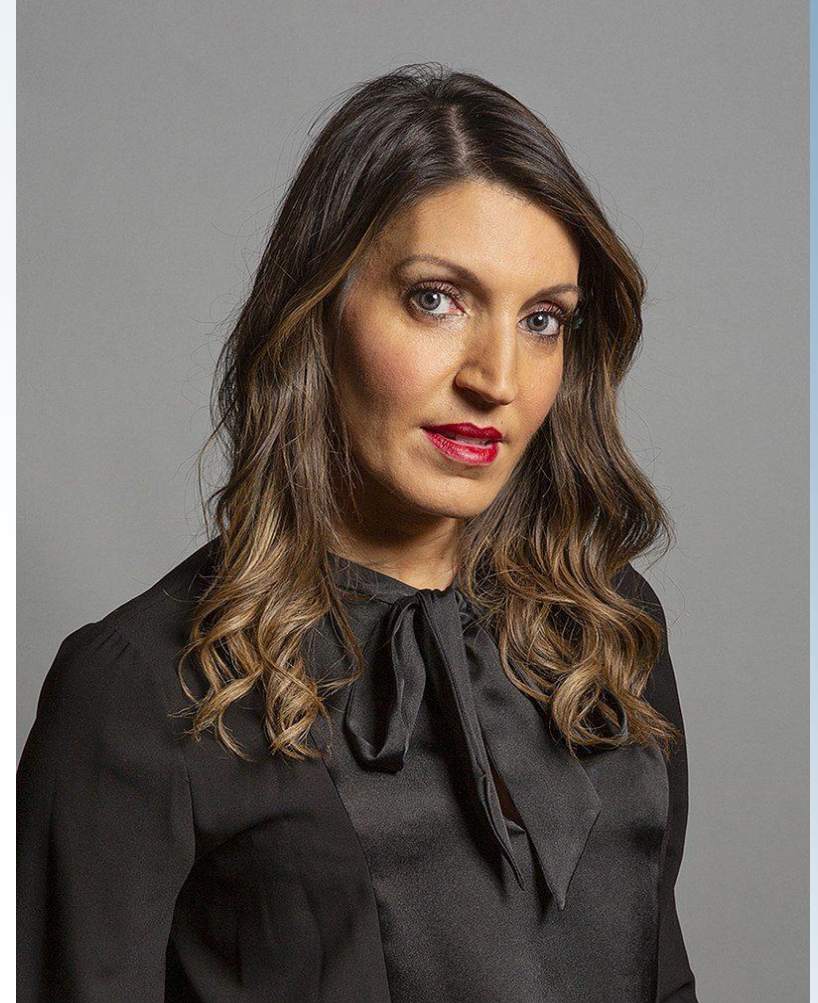
*"I'm incredibly proud to support BCBN and local Minds who are working together to develop Muslim Mind.*

*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





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