

Muslim mental health support

Wellbeing can be guided by our principles of faith and community. If you're part of the Muslim community and could use some support with your mental health, we've gathered a selection of options below to lend you a helping hand.



A Muslim mental health charity providing support to those with mental health difficulties. Support is available via online messaging, telephone, video or face-to-face.

inspiredminds.org.uk



Faith & culturally sensitive support by phone, live chat, whatsapp or email. Available 7 days a week, 365 days a year including bank holidays and Eid.

0808 808 2008

help@myh.org.uk
myh.org.uk



A national service offering information, support, guidance and referrals. They support women of no faith as well as any faith.

0800 999 5786

info@mwnhelpline.co.uk
mwnhelpline.co.uk



Providing an online directory of private, qualified and registered professional Muslim counsellors, psychotherapists and psychologists.

mcapn.co.uk



For wider support options available, take a look at the Everymind at Work mental health support directory using the QR code.