

COLLABORATIVE

# Muslim Mind Collaborative

Partners:

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

and Waltham Forest

# Introduction

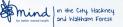
At Muslim Mind Collaborative, we aim to bring together a collaborative of community and mental health service providers to support and facilitate faith-sensitive approaches to addressing Muslim mental health.

Building upon the recommendations of the <u>Hidden Survivors</u> 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.







## **Faith Equity in Mental Health**

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.





4 in 5 of young Muslims v suffered mental health struggles



**ANXIETY 54%** DEPRESSION 49% STRESS 49% the most common mental



Over 70% of those who say they experience mental health struggl 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



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



Almost half said a member of their family had been a victim of abuse. In all types of abuse mmediate family member



64% of young Muslims said they experienced SUICIDAL thoughts



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



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





## **About Us**

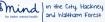
The Muslim Mind Collaborative (MMC) has been formed as a result of years of research and community consultations conducted into the mental health and wellbeing of British Muslims and drawing on academia, statutory services, community practitioners, faith leaders, faith-led and psychotherapy services and those with lived experiences. Our aim is to widen the parameters of the agenda on mental health to consider the needs of faith.

### **Our Partners**

<u>The Better Community Business Network (BCBN)</u> is a grant giving organisation. We incubate and codesign charitable initiatives across the UK to support the needs of Muslim communities. MMC was founded by BCBN in 2021.

<u>Mind in the City, Hackney and Waltham Forest</u> are a multi-disciplinary provider of specialist mental health services and a part of the Mind Federation. Mind CHWF are key partners in the Muslim Mind Collaborative on behalf of the Mind Network. The Mind Network is made up of over 100 local charities working in partnership with each other and the national campaigning charity Mind, to improve mental health of communities across the country. Together we're fighting for mental health.





## **Our Vision**

### Vision

Leading collaborative efforts to drive impactful change for UK Muslim mental health

### Mission

Integrating academia, education, and community for improved Muslim mental health

### Values

**Collaboration:** Joining researchers, educators, and the community for shared learning and partnership-building

**Empowerment:** Enhancing community initiatives by integrating faith-based services into mainstream channels, fostering greater access and active engagement.

**Engagement:** Centering our mental health advocacy around the community, at local, regional, and national levels to enhance outcomes for all.











We work for the improvement of faith literacy in mental health services by sharing ideas, recommendations, insights and opportunities We identify and support a funding gap agenda and opportunities

We build upon research and relevant policy narratives and recommendations to enhance advocacy and mental health service improvement







### **Services Overview**

### Membership & Knowledge Exchange Platform

At MMC, we offer an exclusive membership platform that serves as a nexus for intellectual exchange and continuous learning. This platform brings together scholars, practitioners, and advocates, fostering a collaborative environment to advance the understanding of Muslim mental health in the UK.

#### Research & Information Dissemination

We support research and insights, ensuring that they are not just confined to academic circles but are actively used to enhance our services and interventions.

### Funding Opportunities

MMC recognises the importance of financial support in driving impactful initiatives. We provide access to funding opportunities, ensuring that promising projects and research in the realm of Muslim mental health receive the backing they deserve.

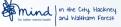
#### Service Incubation & Co-Design



Beyond just highlighting existing research, MMC actively participates in the incubation and co-design of new and specialized services. We work in tandem with experts and the community to inform and shape services that cater specifically to the mental health needs of the Muslim community.

Partners:

BCBNBusiness Network



# **Our Roadmap**

### MATCHING



RESOURCES

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

Exploring a range of topics relevant to Muslim mental health and exploring faith based approaches.

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





### **Research & Practice**

#### **Key Research Areas:**

- Young Muslim Mental Health: We delve into the unique challenges young Muslims face, from societal biases to institutional hurdles in educational settings, all within the broader societal framework.
- Faith & Mental Health Dynamics: We explore the complex relationship between faith and mental health, aiming to understand its diverse implications.
- Community Engagement & Insights: Our research is rooted in the voices of the community, ensuring that our academic endeavors align with realworld requirements.

#### **Collaboration at its Core:**

At MMC, collaboration isn't just a value; it's our modus operandi. We forge partnerships with universities, research institutions, and experts both within the UK and globally. This collaborative spirit ensures our research remains holistic, forward-thinking, and impactful.

#### **National Initiatives & Outreach:**

- Roundtables: We host discussions that bring together thought leaders, policymakers, and community advocates to strategize on pressing issues.
- Podcasts: Our series offers a deep dive into diverse topics, blending expert opinions with community narratives and research insights.
- Conferences & Workshops: We ensure our research findings don't just stay on paper but reach a broad audience, influencing both policy and practice.

#### From Research to Real-World Impact:

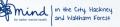
We go beyond traditional academic publications. Our findings are disseminated through various channels, with the aim to shape policies, guide practitioners, and truly empower the community.

#### **Engage with MMC's Research Ecosystem:**

Whether you wish to collaborate, contribute, or simply stay informed, MMC's research community is a beacon of knowledge and innovation.







## **Schools & Education**

#### **Empowering the Next Generation with Mental Well-being**

Schools are more than just centers of academic learning; they are pivotal in shaping the mental and emotional wellbeing of students. MMC recognizes the urgency and significance of addressing mental health in educational settings, especially for young Muslims in the UK.

#### The Landscape:

Recent analyses, such as those conducted by Place2be, reveal that up to five children in every classroom may have a probable mental disorder. The pandemic has further intensified these challenges. While the broader population faces increasing mental health issues, the intensity and implications for students make it a national urgency. Early intervention and school-focused strategies not only prevent severe future complications but also foster educational engagement and achievement.

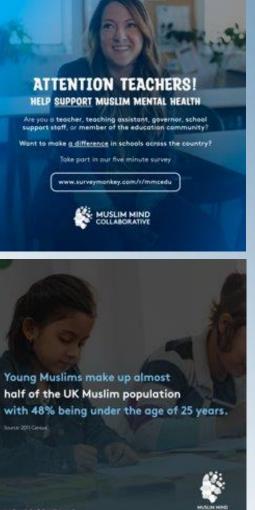
#### **Our Approach:**

- Research & Insights: MMC delves deep into the nuances of student mental health, especially underserved demographics like young Muslims. Our research highlights both the challenges and the opportunities for early intervention.
- <u>Toolkits & Resources</u>: Our "<u>Muslim Mental Health in Schools Toolkit</u>" is a testament to our commitment to providing actionable resources for schools. Tailored to address the unique challenges faced by Muslim students, this toolkit offers strategies, insights, and interventions.



Collaborations & Workshops: MMC collaborates with educational institutions, offering workshops, training sessions, and seminars to equip educators with the skills and knowledge to support their students' mental well-being.

Advocacy & Policy Influence: We actively engage with policymakers, advocating for a whole-school approach with a focus on the whole child. Our goal is to influence educational policies to prioritize mental well-being.





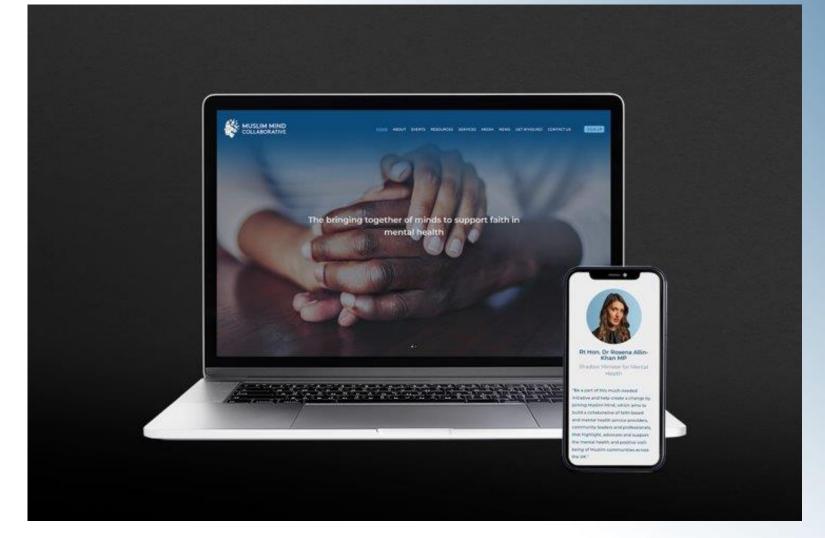




### Website

www.muslimmindcollaborativ e.co.uk seeks to provide a onestop-shop for Muslim mental health and a platform for wider engagement and dissemination.

Sign positing 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

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 (<u>click here to register</u>). 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 two 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 or communication of updates and achievements. Join today

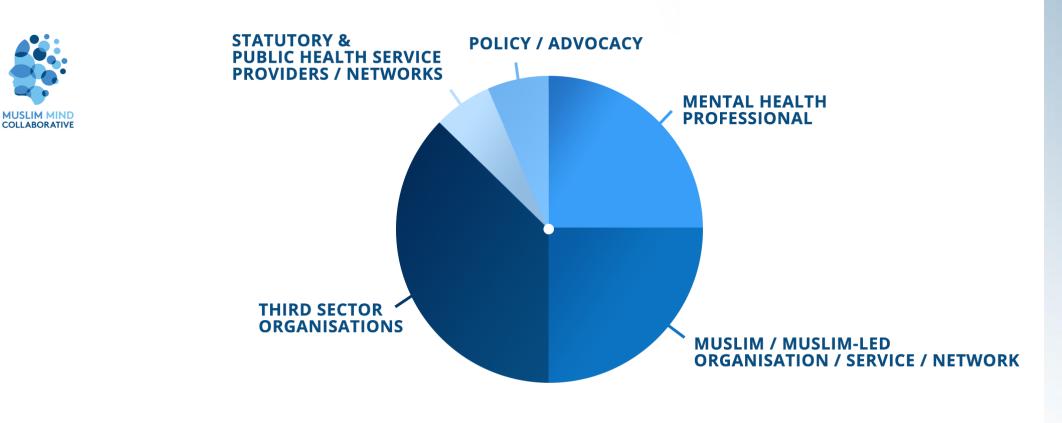




# **Membership Profile**

The Muslim Mind Collaborative surveyed 50+ services as part of its consultation.

These founding members come from various parts of the sector.



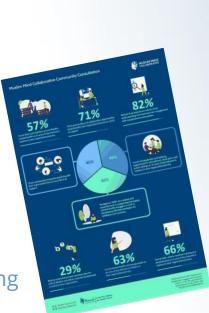
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# **Our Achievements**

- <u>Hidden Survivors Report</u>
- Community Consultation & Stakeholder Mapping
- Governance structure identified
- <u>Time To Talk Day Event</u>
- Quarterly Members Advisory Group Meeting
- <u>Co-authored Muslim Heritage Children in Care:</u>
   <u>Supporting Identity and Wellbeing' with My Family Group</u>
- NHS Muslim Network on Mental Health and Faith
- Launch Muslim Mind Collaborative website & CIC transitioning
- Launch of Muslim in Mind Podcast
- Valuing Every Mind Roundtable: Mental Health in Schools; Festival of Education Seminar
- Launching MMC education programme developing school resources
- Schools Week article and
- <u>Delivered Muslim Mental Health training to over 70 PlacetoBe</u> practitioners working in schools
- This Can Happen Global, <u>Faith and Mental Health Conference</u>















*"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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