

# REMEMBER

You are Not Alone

**#notalonemuslim**

Use this hashtag to help everyone find  
the right help for mental health **إن شاء الله**

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You are Not Alone

#notalonemuslim

In the Muslim community, we are less likely to share our mental health issues; often it is not recognised as a serious disease and we suffer alone. We should not suffer alone and there are wonderful groups ready to listen and help with friendly support and advice.

Mental health problems do not affect a single faith, race or gender and this leaflet has been created to support everyone in finding the right help. During Ramadan many of us use social media to share positive messages, please make this one of them.

مَنْ دَلَّ عَلَى خَيْرٍ فَلَهُ مِثْلُ أَجْرِ فَاعِلِهِ

‘Whoever guides someone to goodness will have a similar reward.’

**The Prophet Muhammad (ﷺ)**

Sahih Muslim

# HEALTHY RAMADAN TIPS

## SUSTENANCE

What to Consume at Suhoor (morning) and Iftar (evening)

A balanced breakfast and dinner will help sustain and repair your body and keep you active. Limit foods high in salt and sugars as these types are low in nutritional content and they can leave you feeling hungrier. Try eating various fruits, vegetables and high-fibre foods along with proteins and carbohydrates.

## HYDRATE

Water does more than hydrate

A steady intake of water between Iftar and Suhoor reduces the chances of becoming dehydrated, as well as helping to regulate body temperature, lubricate joints and protect body organs. Consuming caffeine and sugary drinks will cause faster water loss and dehydration.

## STAY ACTIVE

Be active to help your wellbeing

Ramadan and exercise can be a challenging combination, as the fast can lead to feelings of fatigue and low energy. However, it is possible to maintain an exercise routine during Ramadan with some modifications and precautions. An extended walk or light workout can help your overall health.

## REST AND SLEEP

Managing your sleep patterns

Good deeds performed at night are greatly rewarded, take advantage of this during Ramadan. So remember to adjust your sleeping patterns so you have enough rest, and take a power nap between Zuhr and Asr prayer. Power naps can help recover your energy levels and support your physical and mental health.

## DEEN

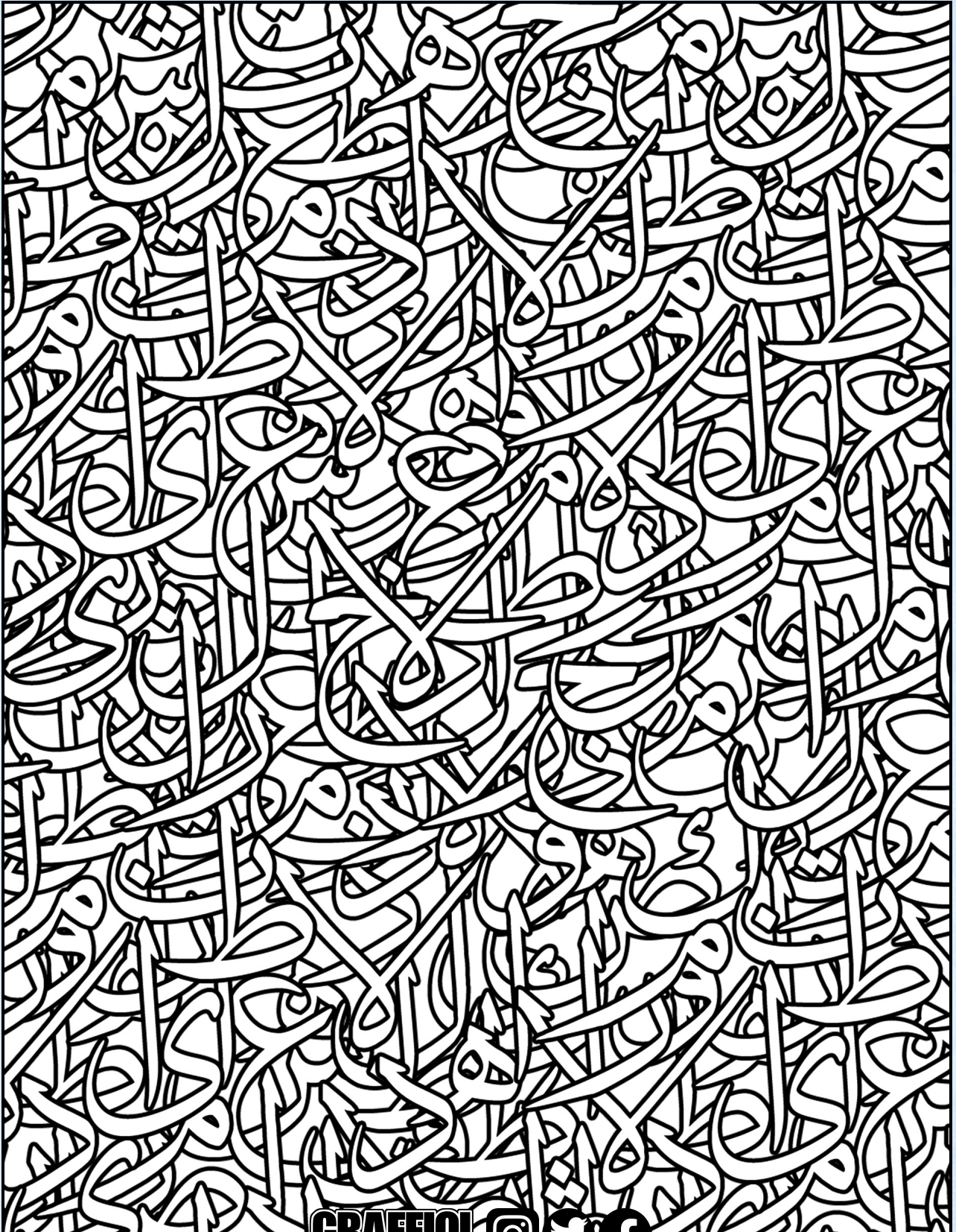
Strengthening your faith

Ramadan is an opportunity to focus on our spiritual development and grow closer to Allah (ﷻ). Fulfill your day with Salah (prayers), Quran recitation and Dhikr. Remember to give to charity and get involved with community engagement work; this can include attending communal prayers, visiting the sick or sharing meals.

# Mindfulness Colouring Sheet

Mindfulness colouring offers multiple benefits:

- Helps reduce stress and anxiety by allowing your mind to focus on a calming and creative activity
- Requires focus and concentration, which can improve cognitive function and helps you stay mentally sharp
- Quietens the mind and promotes relaxation
- It's an enjoyable activity that brings a sense of satisfaction when finished, which can boost self-esteem and improve overall well-being



# Muslim Support Groups

Find support groups that centre around faith



Providing faith and culturally sensitive support so that young people can find holistic help.

☎ 0808 808 2008 🌐 myh.org.uk



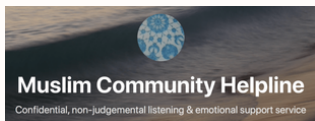
Provides faith and culturally sensitive counseling and support to those struggling with their mental health.

🌐 inspiredminds.org.uk ✉ info@inspiredminds.org.uk



Educating/raising awareness of mental health issues in Muslim communities.

🌐 thelanterninitiative.co.uk



Confidential, non-judgemental listening and emotional support service. Check the website for hours of operation.

☎ 0208 908 6715 🌐 muslimcommunityhelpline.org.uk



A confidential emotional support service to those who have experienced anti-Muslim hate or Islamophobia.

☎ 0800 456 1226 🌐 tellmamauk.org 🗨 0115 707 0007



Supports women who are suffering from, or at risk of abuse with faith and culturally sensitive helpline and counselling service.

☎ 0800 999 5786 🌐 mwnhelpline.co.uk 🗨 0741 206 936

## Expand your Support Network

Discover more groups that can offer you help



Free, anonymous mental health support for young people (Kooth) and adults (Qwell).

🌐 kooth.com





Dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

 **0800 068 4141**  [papyrus-uk.org](https://www.papyrus-uk.org)



Free, confidential support by text message, available 24/7 to anyone in the UK who is struggling to cope.

 **Text SHOUT to 85258**  [giveusashout.org](https://www.giveusashout.org)



Beat helplines are open 365 days a year providing information, help and support for people affected by eating disorders.

 **0808 801 0677**  [beateatingdisorders.org.uk](https://www.beateatingdisorders.org.uk)

**SAMARITANS**

Samaritans are here to listen, day or night – 365 days a year. Whoever you are and whatever you're facing call free.

 **116 123**  [samaritans.org](https://www.samaritans.org)



Rethink Mental Illness works to improve the lives of everyone severely affected by mental illness.

 **0808 801 0525**  [rethink.org](https://www.rethink.org)



SANE provides emotional support via its helpline SANEline for anyone affected by mental illness.

 **03003 047 000**  [sane.org.uk](https://www.sane.org.uk)



A confidential helpline is available for male victims of domestic abuse and domestic violence across the UK.

 **01823 334 244**  [mankind.org.uk](https://www.mankind.org.uk)



Helps grieving people with support, information and campaigning.

 **0808 808 1677**  [cruse.org.uk](https://www.cruse.org.uk)