



O' People
be gentle to
yourself...

Faith and Mental wellbeing

Life's problems can leave us feeling down, stressed, angry, or frightened. Most of the time we can cope but sometimes it can develop into something more serious. [1]

Mental health problems are common. Research suggests that about one in four people experience these in their lifetime. Many issues such as racism, financial or health worries influence and have an impact on people's mental health. The cause can be anything - money and debt problems, bereavement, marital problems, bringing up children, unemployment or any combination of these.

It is important to look after our mental health in the same way that we look after our physical health – by eating well, sleeping well, taking regular exercise, dealing with our feelings, maintaining a realistic perspective on life while finding time to relax in today's busy world. We need to be able to enjoy our life, be happy, be positive about the future and be able to cope well when things go wrong.[2]

1 www.mentalhealth.org.uk

2 http://www.mind.org.uk/help/diagnoses_and_conditions/mental_wellbeing





Mental Health Messages

- “Mental health” does not mean a mental health problem. Mental health is a part of our lives like our physical health with people experiencing good and bad periods. When people experience a mental health problem it is only one part of a person and not all of what they are. People are defined by more than their mental health problem.
- Faith/belief, family and friends are very important support factors in preventing people from developing some mental health problems but sometimes people also need some additional support from health professionals.
- Stigma and discrimination are often worse than the experience of the mental health problem itself, this can lead to isolation and sometimes discourage people from seeking help and support.
- Many people can, and most do, recover from a mental health problem. Recovery is not just about the absence of symptoms, support and understanding especially from family and close friends can help people find their own personal way to recovery.
- There is a lot of professional help available for mental health problems, and not all of it involves medication.

Faith Messages

Here is what Imam Habib Rauf of Glasgow Central Mosque would like to say about Mental health & wellbeing...

Mental health and wellbeing can be compared to the wellbeing of the rest of human body. One may have weaker eyesight, or



deficiency of speech, or problem with hearing. Such troubles in life do not render a person void or incapable to discharge human functions of a man. These simply are ailments that sometimes can be cured and at others compensated for through a tool or additional support.

Look at the following example from the life of a companion of the Prophet Muhammad pbuh.

He found himself to be incompetent in market places so he complained to the Prophet saying I am often deceived in my finances. The Prophet peace be upon him (pbuh) said to him, when you carry out a financial transaction state in the deal, 'valid as long as it does not mean a loss to me'.

This meant that he had the right to retract from any contract if it was later discovered to be unfair towards him. So the Prophet pbuh rather than restricting this companion from being involved in financial activities equipped him with a tool. Ibn Umar (RA) says, the man later said this all the time¹[1].

Since the implications of problems related to mental health can be complicated there seems to be more assurance in the Qur'an and sunnah (tradition) of the Prophet for people affected by it.

Someone claimed to the Prophet about his brother who had become a burden for the family. He pbuh said, God only bestows sustenance and help upon [those working amongst] you because of [his compassion for] the less capable amongst you [who you look after]²[2].

This hadith quite clearly paints the individuals with special needs in a very different light. They are not a burden for the communities

1 [1] Bukhari and Muslim

2 [2] Abu Dawood

but are pure sources of divine blessings. So there should be no anxiety on the part of the carers or those cared for.

The Prophet always encouraged people to be positive, hopeful and optimistic.

He said, 'if you were to place your trust in God the same way as the birds do, He would feed you like he does them. Birds set out from their nests in the morning hungry and return back home with their bellies filled with food'³[4].

The Qur'an states:
'verily God loves those who place their trust in Him'⁴[5].

Upon receiving any worrying news the Prophet and his companions would say: 'hasbuna Allahu wa ni'm al-wakeel', (sufficient for us is Allah and an excellent Trustee is He)⁵[6].

Explaining the importance of having a positive attitude in life he (pbuh) once said, **'God says, I treat my servants in accordance with what they think of me'⁶[7].** So one's destiny is determined by one's own attitude.

Regardless of hurdles in life one must continue to strive to remain hopeful and positive.

As soon as one feels they are being overwhelmed by negative thoughts it is important that a cure is sought straight away. It is important that we remember that the faith does not teach us to neglect our bodies, as well as souls. The prophet frequently reminded his companions that 'your body has a right over you'.

3 [4] Tirmidhi, Ahmad
4 [5] Qur'an (03:159)
5 [6] Qur'an (03:173)
6 [7] Bukhari, Muslim



He would not allow them to deprive themselves of sleep or food or other human needs. He would say;

‘O people! Be gentle with yourselves’.

Those who look after themselves properly are, we are told, to be closer to God too. The Prophet (pbuh) said;

“A strong healthy believer is better and is more lovable to Allah than a weak believer, and there is good in everyone, (but) cherish that which gives you benefit (in this world and the Hereafter) and seek help from Allah and do not lose heart. if anything (in the form of trouble) comes to you, don’t say: If I had not done that, it would not have happened so and so, but say: Allah did that what He had ordained to do and your doubt opens the (gate) for the Satan”7[9]

Being superstitious is another ailment of mind. Islam clearly denounces such ideas. The Prophet (pbuh) said, ‘*laa tiyarah*’8[10], which means that being superstitious is wrong as such thoughts have no external reality. To make this understood properly he repeated this statement three times. At another occasion he said, superstitiousness is polytheism (shirk)9[11]. He also said;

‘the person who goes to a soothsayer and believes in him has rejected that which was revealed to Muhammad (pbuh)10[12].’

If a Muslim, despite these clear warnings falls into such unhealthy state of mind and feels content with it, then perhaps it is a time when he or she should speak to professionals about curing such superstitious tendencies.

As for the protection against the evil inspiration or manipulation from Satan, the Prophet (pbuh) prescribed the following. He said,

7 [9] Muslim

8 [10] Bukhari, Muslim

9 [11] Abu Dawood, Tirmidhi

10 [12] Ahmad



one who reads the last three chapters of the Quran every morning and evening this recitation should be sufficient for him.

Suggestions to achieve overall wellbeing

1. Always thank Allah (swt)

Think about your achievements in life. Stop worrying about what you do not have. Think about what Allah ta'ala has given to you and be thankful to Him. This will put you onto the path of success and slowly you will start acquiring what you wanted but have missed so far.

2. Pray regularly and on time

If possible, in a congregation in the local Mosque and in the company of righteous people.

3. Read the Quran regularly

When alone and distressed read the Quran in a gentle voice - try to enjoy this practice.

4. Respect your mother, father and relatives and be kind to them

Families can be the best support, so if you have relatives, show care to them, be gentle and kind and they will find it easy to be respectful to you.

5. Help the poor and needy

Be hospitable to those who are less fortunate than you. Help them and try taking care of them. The one above shall be even more kind to you.

6. Do not dwell in the past- remain hopeful for the future

The content of this booklet has been put together by Imam Habib Rauf from Glasgow Central Mosque and staff from organisations interested in promoting wellbeing and good mental health.



Mental Health and other support Services (Glasgow)

NHS 24- Confidential helpline

If your GP surgery is closed and you are too ill to wait until it re-opens, phone NHS 24 on 08454 242422-24

NHS 24 can also give you details of all pharmacies, GP practices and dental practices in Scotland. They also give health information on illnesses, conditions, treatments, NHS services, support services and information on current health issues and campaigns
Call 0800 22 44 88 to talk to a health information advisor or visit www.nhs24.com or send an email through this website

STEPS and PATHWAYS

These are two NHS Primary Care Mental Health Teams that are based in South Glasgow. They offer a range of services for people (over 16) with common mental health problems like anxiety, depression, panic, loss of confidence, poor sleep if you are registered with a GP in South East or South West Glasgow.
For more information on STEPS services (South East) or to request a service booklet call 0141 433 4934 or visit www.glasgowsteps.com

For more information on PATHWAYS services (South West, based in Pollokshaws)
call 0141 577 7729

Breathing Space-Confidential Advice Line

Breathing Space is a free and confidential phone line service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.
Call 0800 838587

The telephone line is open 24 hours at weekends (6pm Friday - 6am Monday) and from 6pm to 2am on weekdays (Monday - Thursday)



Mental Health Network (Greater Glasgow)

The Mental Health Network supports people that use mental health services in the Greater Glasgow area, to become involved in the planning of those services. We believe that people who use mental health services have valuable knowledge of what is good and what could be improved.

Suite11, Templeton House
Templeton Business Centre
Glasgow, G40 1DA
0141 5508417
info@mhngg.org.uk
www.mhngg.org.uk

Social Work Services (South Area Team)

To apply for care and support services or for welfare rights information you can phone or call in to social work offices in the area in which you live. If you are unsure which office to go, then phone the following office for guidance.

Social Work Services (South)
Twomax Building
187 Old Rutherglen Road
Glasgow G5 0RE
Phone 0141 420 800
Fax 0141 420 8004

Office Hours:

Mon - Thurs 8.45 am - 4.45 pm

Friday 8.45 am - 3.55 pm

An emergency out of hours service is available from the Standby Service.
Phone: 0800 811505

For non-urgent requests, you can also apply online for care and support services by visiting http://www.glasgow.gov.uk/en/Residents/Care_Support/GettingaService/AccessingServices/SWServiceRequest.htm



Pollokshields Health Shop

For information, advice and signposting to health and social care services call 0141 420 3415 or drop in to

Pollokshields Health Shop,
423 Shields Road, Pollokshields, Glasgow G41 1NY.

One Stop Clinic

NHS Greater Glasgow and Clyde offer multicultural counselling and holistic therapies in South East Glasgow for people with mild to moderate mental health problems. Referral through your GP only.

Call 0141 232 2572 for more information

AMINA Muslim Women's Resource Centre

Offer free confidential counselling, advice, advocacy and befriending for individuals, available in English, Urdu, Punjabi or Swahili.

Contact 0141 585 8026 or visit www.mwrc.org.uk/ Email info@mwrc.org.uk

Network House, 311 Calder Street, Glasgow, G42 7NQ

Also operate a confidential information, advice and listening ear service for women from all across Scotland (10am-4pm).

Freephone helpline number: 0808 801 0301

Sandyford South East

Offer sexual, reproductive and emotional health services (including counselling for men and women who have been sexually abused)

Govanhill Health Centre, Community Wing, 233 Calder Street,
Glasgow G42 7DR

Phone 0141 531 8349



Ethnic Minority Law Centre

Provide ethnic minority communities with professional help around legal services with specialist knowledge and experience in discrimination and immigration.

www.emlc.org.uk
admin@emlc.org.uk
0141 204 2888

41 St. Vincent Place (2nd Floor)
Glasgow G1 2ER

Domestic Abuse Project

Support, information and advocacy for women who are living with, or who have experienced violence or abuse available locally in Pollokshields.

Call 07872463972 for an appointment or email domviol2000@yahoo.co.uk

Glasgow Association for Mental Health

GAMH promotes the mental health and wellbeing of the people and communities of Greater Glasgow. GAMH service centres offer a range of locally networked social care services to people experiencing or recovering from mental ill health and their carers of all ages.

Referral pathway can be from anyone; friends and family, from statutory and voluntary agencies as well as self referral

GAMH
East Service Centre
St. Andrews by the Green
33 Turnbull Street
Glasgow G1 5PR
0141-552-5592



The Ethnic Survivors Forum

The Ethnic Survivors is a culturally sensitive service and will offer support for minority ethnic adult survivors of childhood sexual abuse.

Call on the freephone Telephone Helpline number below which offers confidential support and information 0808 8022 222

A unique interactive website offering support and information in up to nine languages. www.ethnicsurvivorsforum.org

VOX-Voices of Experience

The national membership organisation of and for people with lived experience, making peoples voices heard in relation to mental health issues.

Language spoken: English and Arabic

5th Floor, Merchants House,

30 George Square,

Glasgow, G2 1EG

0141 572 1663 or 0519

www.voxscotland.org.uk

info@voxscotland.org.uk





Glasgow City
Community Health Partnership
South Sector

