

Services

NHS 24: Confidential helpline. Health information, NHS services, support services.

Telephone 0800 22 44 88

www.nhs24.com

VOX: Voices of Experience Collective advocacy for people with lived experience of mental health issues

Telephone 0141 572 1663 or 0519

www.voxscotland.org.uk

Breathing Space: Free confidential advice line. For anyone experiencing low mood or depression, or worried and need somebody to talk to. Call 0800 838587

Domestic Abuse Project: Support, information and advocacy for women experiencing gender based violence.

Telephone 07872463972

domviol2000@yahoo.co.uk

STEPS/PATHWAYS: NHS Primary Care Mental Health Teams in South Glasgow.

For STEPS services call 0141 433 4934 or visit www.glasgowsteps.com

For PATHWAYS call 0141 577 7729

AMINA Muslim Women's Resource Centre: Free confidential counselling, advice, advocacy and befriending for individuals.

Telephone 0141 585 8026

Sandyford South East: Offer sexual, reproductive and emotional health services (counselling for men and women who have been sexually abused). Based in Govanhill Health Centre.

Telephone 0141 531 8349

Glasgow Association for Mental Health: Promotes the mental health and wellbeing of people in Glasgow.

Telephone 0141 552 5592

Mental Health Network:

Telephone 0141 550 8417

www.mhngg.org.uk

Social Work Services (South):

Telephone 0141 420 8000

An emergency out of hours service is available from the Standby Service.

Telephone 0800 811505

Ethnic Minority Law Centre:

Help available with legal services, discrimination, immigration issues.

0141 204 2888.

Telephone www.emlc.org.uk

Pollokshields Health Shop: Provides information, advice and signposting to services.

423 Shields Road, G41 1NY.

Telephone 0141 420 3415



Faith, Mental Health and Wellbeing

We need to be able to enjoy our life, be happy and positive about the future and be able to cope well when things go wrong. (1)

This is Mental Wellbeing

This leaflet aims to give the Muslim community in Glasgow some simple, practical ways to look after our physical and spiritual wellbeing.

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

(1) www.mentalhealth.org.uk



Glasgow City
Community Health
Partnership
South Sector



Mental health problems are common. Research suggests that about one in four people experience these in their lifetime. Many issues such as financial, family and health worries can have an impact on people's mental health.

The Prophet (peace be upon him) 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' (2)

The Quran states:

'Verily God loves those who place their trust in Him' (3)

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) (4)

(2) Tirmidhi, Ahmad

(3) Qur'an (03:159)

(4) Qur'an (03:173)

Look After Yourself

It is important to look after our mental health in the same way that we look after our physical health.

We should remember that our faith also does not teach us to neglect our bodies,

as well as souls. The Prophet (peace be upon him) frequently reminded his companions that:

'Your body has a right over you'

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'

- Eat healthily
- Take regular exercise
- Sleep well
- Find time to relax
- Deal with your feelings

As for protection against the evil inspiration or manipulation from Satan, the Prophet (peace be upon him) prescribed the following:

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

Suggestions to Increase Wellbeing

- Always thank Allah (subhana wa ta'ala).
- 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.

- Pray regularly and on time.
- If possible, in a congregation in the local Mosque and in the company of righteous people.
- Read the Quran regularly.
- When alone and distressed read the Quran in a gentle voice - try to enjoy this practice.
- 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.
- 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.
- Do not dwell in the past – remain hopeful for the future.

Help, Support, Advice

Faith/belief, support from family and friends are very important factors in preventing people from developing some mental health problems but sometimes people also need additional support from health professionals.

There is a lot of professional help available for mental health problems, and not all of it involves medication.

On the next page is a list of some services that offer information, advice, guidance and support.