



inspired
minds

MENU OF SERVICES



@inspiredminds

www.inspiredminds.org.uk

Registered Charity
England: 1155949 | Scotland: SC051282

Who We Are

Inspired Minds was founded in 2014 to bridge the gap of mental health within the Muslim community. To achieve our mission and vision, our approach involves providing critical support and counselling services for both Muslim and non-Muslim clientele alike; recognising cultural, spiritual and Islamic needs. We also actively raise awareness on a variety of issues experienced within our communities, which is informed by the field-based research that we conduct.

Our Vision

We are passionate to build a society where people experiencing mental health challenges can receive understanding, recognition and are empowered to live a fulfilling life.

Our Mission

We are an Islamic grassroots charity that raises awareness and provides support from a faith-based and culturally-sensitive perspective, to those affected by mental health challenges.

Our Values

Our core values form the foundation, beliefs and principles that lie at the heart of our organisation:



Islamic

We are inspired, anchored and guided by our faith, which illuminates everything we do



Compassionate

We attend to the needs of every person with sensitivity, empathy and kindness.



Ambitious

We are determined to go the extra mile and make a lasting difference



Respect

We treat one another with dignity and understanding; valuing differences in all contributions



Excellence

We continuously learn, improve and strive to be the best in everything we do

COUNSELLING

We were created to provide a faith and culturally sensitive safe space for those struggling with their mental health

We offer:

- BACP registered counsellors
- BABCP registered CBT therapists
- Online and In-person sessions
- Financial aid for those who cannot afford counselling

Our support areas include:

- Stress, Anxiety and related Disorders
- Trauma & PTSD
- Obsessive Compulsive Disorder
- Relationship Difficulties
- Perinatal Challenges
- Eating Disorders
- Adjustment Disorder
- Depression & Mood Disorders
- Addictions & Substance Misuse
- Spiritual Challenges
- & More

Our referral criteria:

- You must be 18+ years
- You must be UK-based
- You must have capacity to give consent



For more information about our services, please visit our website www.inspiritedminds.org.uk or visit us on all of our socials and tune in to our [Youtube Channel](#).

To access our faith-based counselling, go to:
www.inspiritedminds.org.uk/get-help

OR



simply scan
our QR code

RESOURCES

Our resources have been created to help people **better their mental health and wellbeing, with Muslims in mind**. They are ideal to make any setting more **diverse and accessible** and provide resources to those who are hard to reach/access.

Discounts we can offer:

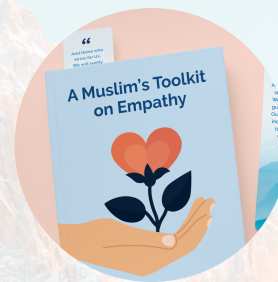
30% off for 30 staff members or service users.

10% discount code for 2 weeks after a workshop/event planned in collaboration.



£5

A Muslim's Toolkit on Anxiety and Depression



£5

A Muslim's Toolkit on Empathy



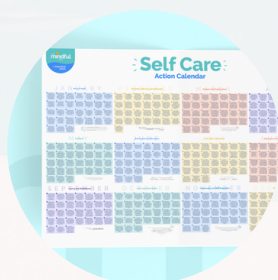
£7 (usually £9)

Islamic Positive Affirmations Journal



£10 (usually £12)

My Daily Companion



£5

Self-Care Action Calendar



£40

The Mindful Box

RESOURCE PACKAGES

Our booklets, journals and toolkits are the **first of its kind in the UK**, written and developed by **academics, professionals and those with lived experiences**. Our Journals have been designed with the additional factor of encouraging those to practice **self-care, grounding and reflection** on a daily basis to stay on top of daily stressors, **regulate one's thoughts and feelings**, maintain **efficiency and productivity**.

Hosting our leaflets and counselling cards will ensure that your community members, colleagues and peers have easy access to information about Muslim mental health and where to **access support and advice**. Not only will this elevate your duty of care but it will also increase the **positivity and morale** of your community.

Small - Free

- 20-50 people/capacity
- 100 leaflets
- 25 counselling cards and bookmarks
- 2 posters
- 2 Empathy toolkits, Anxiety + Depression toolkits + Positive Affirmations Journals
- 1 Daily Companion



Medium - £120 (+£10 postage)

- 50-80 people/capacity
- 300 leaflets
- 60 counselling cards and bookmarks
- 4 posters
- 10 Positive Affirmations Journals
- 5 Empathy toolkits + Anxiety and Depression Toolkits
- 3 Daily Companions



Large - £200 (+£20 postage)

- 50-80 people/capacity
- 400 leaflets
- 100 counselling cards and bookmarks
- 7 posters
- 15 Positive Affirmations Journals
- 10 Empathy toolkits + Anxiety and Depression Toolkits
- 5 Daily Companions



ADVERT PACKAGES

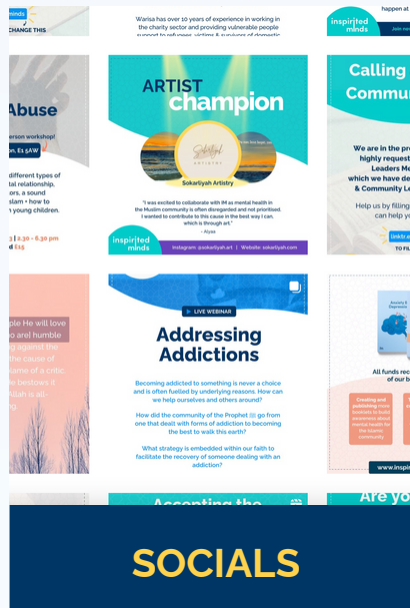
Supporting like-minded business and organisations has always been close to our hearts. With a **following of 45k+** across all of our social channels, Alhamdulillah, we are dedicated to **reaching more people** who are in need, and connecting them with the support they need to **nurture their mental wellbeing**.



Sign up to our newsletter for weekly articles on relatable topics, campaigns, events + much more content around Islam and mental health

inspiredminds.org.uk/get-involved/join-our-newsletter/

NEWSLETTER



SOCIALS



Available on all your favourite platforms. Subscribe to never miss an episode!

Apple Podcasts SOUNDCLOUD
YouTube Spotify

PODCAST

- Weekly email newsletter to 12k+ subscribers
- Includes an image, brief and link
- Single: **£30** for once
- Triple Bundle: **£90** for 3 newsletters

- One time post across all social platforms reaching 16k+ followers
- Single: **£100** on all social platforms
- Single: **£45** only IG
- Single: **£130** on all social platforms + newsletter
- IG Live: **£60** for 30 minutes

- Featuring on an episode of the Mindful Muslim Podcast of more than 10k+ viewers
- Including social media marketing + website spotlight
- Single: **£150** for a 30 second mention
- Triple Bundle: **£250** for 2x30 second mentions + 1 reel / TikTok

WORKSHOPS

Our workshops have been developed by **highly qualified and well experienced academics and professionals**. They have been created with the **direction of service users** and have been thoroughly checked by our Islamic and Professional advisory board members. Our trainers have much experience of delivering these workshops to a variety of audiences.

Please note, as a **volunteer led** organisation, we require a **£60** deposit for confirmation. This will be deducted from the outstanding amount upon the time of payment. Please refer to our disclaimers, and FAQ's on the website for full T&C's.

DESCRIPTION	ONLINE	F2F
1.5hr Workshops Includes resources in the FREE package (can be customised to suit numbers) and a 30 minute consultation if required.	£150	£250
3hr Workshops Includes resources in the FREE package (can be customised to suit numbers) and a 30 minute consultation if required.	£300	£450

All of our workshops can be tailored to what is **best for your community**, so even if a topic of interest is not listed below, we would be happy to discuss what would be most suitable.

Islam & Mental Health - 1.5 hrs

- The **definition of mental health in Islam**, potential causes & the history of Muslim mental health
- **Stigma, myths & language** of mental health
- Understanding mental health & wellbeing in light of the **Quran & Sunnah**
- **Islamic self-care**
- This workshop is ideal for a **mixed audience of all ages** for an introductory event
- It is particularly useful for those who may not **have been exposure to conversations** around mental health, and non-muslim health care providers

Anxiety & Depression - 1.5 hrs

- The **definition of mental health in Islam**, stigma, myths & language
- Signs, symptoms & potential causes
- How **Islam combats anxiety & depression**
- Islamic self care & sunnah ways of wellbeing
- This workshop is ideal for mixed audiences of all ages, particularly for an **introduction into common mental health experiences in the Muslim community**

Stress & Self Care - 1.5 hrs

- The definition of mental health in Islam, stigma, myths & language
- Signs, symptoms & potential causes
- Holistic stress management in light of the Quran & Sunnah
- Islamic self care & sunnah ways of wellbeing
- This workshop is ideal for workplace or student settings or any setting where the audience is exposed to stressful environments/tasks

Addictions - 3 hrs

- The definition of addictions; different types, causes & protective factors amongst Muslims
- Misconceptions of addictions, common signs & symptoms + a personal account
- The Islamic perspective + principles with 4 steps of Quranic methodology
- The 12 step programme from an Islamic perspective
- How to support others with addictions; active listening skills, the empathy of the Prophets + the importance of community support
- Islamic self care & sunnah ways of wellbeing
- This workshop is ideal for those who struggle with various low-level addictions, from substance misuse, to gambling and more
- It is also beneficial for those supporting others with addictions to develop their understanding and how to offer their support proactively

Divorce & MH - 3 hrs

- How to recognise relationship breakdowns & identify struggles in intimate relationships
- Reasons for relationship breakdowns
- How to reduce the impact of parental divorce on adolescents
- The stigma around divorce
- Islamic wisdom on divorce
- How to cope during/after a divorce, and support others
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for mixed audiences of all ages, particularly those who are currently going through a divorce or are dealing with the impact of divorce

Combatting Loneliness - 3 hrs

- The definition of loneliness & prophetic examples
- What can lead to loneliness & those at risk
- The effects of loneliness, helpful & unhelpful coping strategies
- Exploring companionship with Allah
- Addressing root causes of loneliness with practical steps
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for mixed audiences of all ages, particularly those who may be more vulnerable to loneliness i.e. students, reverts, elderly, those with chronic illness or physical disabilities

Religious OCD - 3 hrs*

- The difference between OCD & ROCD
- Signs & symptoms, including common obsessions and compulsions
- Types of Waswasaa & reconciling this with ROCD
- Stigma around ROCD + a personal account
- Managing ROCD using CBT tools, guidance from Islam & the concept of Husn Al Dhann
- Discussing Piety VS ROCD
- Islamic self care & sunnah ways of wellbeing
- This workshop is suitable for 18+ audiences, and those who are interested in knowing more about ROCD or have lived experience

Domestic Abuse - 3 hrs*

- Definition of domestic abuse & its effects particularly in the muslim community
- The power + control wheel & exploration of coercive control
- The cycle of abuse & why people choose to stay in abusive relationships
- Identifying perpetrators
- How Islam protects against domestic abuse, the treatment & rights of men and women
- The impact & stigma of domestic abuse
- How to support yourself & others
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for 18+ audiences, and ideal for those who are either interested in knowing more about domestic abuse or may have lived experience

Bereavement - 3 hrs*

- Identifying bereavement, different types of losses & the 5 stages of grief through an Islamic lens
- Loss in the Quran & Sunnah
- Exploring prophetic examples of loss & coping after bereavement
- The Duhaa Approach & concept of Sadaqah
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for mixed audiences of all ages, particularly those who are expecting to be bereaved, have recently been bereaved or experiencing the impact of bereavement

Post-Partum Experiences - 3 hrs*

- Exploring baby blues, postnatal depression, anxiety, OCD, psychosis & PTSD
- An in-depth, real life case study
- The impact of the post partum experiences on yourself & those around you
- Preparing for the 4th trimester
- Virtues of Motherhood & exploring the experiences of Aasiyah, Maryam and Hajer AS
- Importance of healthy boundaries
- Islamic self-care & Sunnah ways of wellbeing
- This workshop is suitable for 18+ and is targeted to a female audience but males are welcome
- It is helpful for expecting + new mothers, or those who are/have experienced negative post partum experiences

Family Relations - 3 hrs

- Identifying what makes a family & individual needs within a family setting
- Influences on family dynamics, uncontrollable circumstances & personal characteristics which impact family relationships
- Healthy VS Unhealthy relationships & the impact of them
- Relationships in the lives of the Prophets & their families
- Managing conflict according to Quran + Sunnah
- Prophetic conflict resolutions and exploring interpersonal skills
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for mixed audiences of all ages, particularly those who may be in difficult family relationships or live at home with difficult family members

Trauma - 3 hrs*

- Identify different types of trauma + symptoms of PTSD, Complex PTSD & what happens to the brain during trauma
- Different types of trauma responses & unhelpful thinking styles
- Unhealthy VS Healthy coping skills
- Exploring traumatic experiences of different Prophets & The Duhaa Approach
- Post Traumatic Growth
- Islamic self-care & sunnah ways of wellbeing
- This workshop is suitable for 18+, mixed audiences and is ideal for those who want to know more about trauma, or have experienced trauma and want to explore how to cope
- This workshop is not suitable for those who have experienced any type of abusive trauma

** Due to the sensitive nature of the topics and the discussion of potentially triggering information, we recommend individuals to only attend if they feel safe and well enough. We advise event organisers to share this disclaimer prior to the event.*

TRAINING

Our trainings have been developed by **highly qualified and well experienced academics and professionals**. They have been created with the **direction of service users** and have been thoroughly checked by our Islamic and Professional advisory board members.

Please note, as a **volunteer led** organisation, we require a **£100** deposit for confirmation. This will be deducted from the outstanding amount upon the time of payment. Please refer to our disclaimers, and FAQ's on the website for full T&C's.

DESCRIPTION	ONLINE	F2F
3.5-4hrs Includes resources in the FREE package (can be customised to suit numbers) and a 30 minute consultation if required.	£350	£400

The Muslim Mental Health First Aid training is fixed and cannot be changed, however the Enhancing and Adapting practices can be adapted to suit the requirements of your specific team/organisation.

Muslim Mental Health First Aid for Imams & Community Leaders

- What is mental health, causes, how to identify those struggling, common myths, misconceptions, stigma & common barriers that communities face
- Common signs, symptoms, jargon & common triggers of mental health difficulties
- Islam, mental health & wellbeing
- Islamic self-care & sunnah ways of wellbeing
- Religious coping, reframing & shifting perspectives
- Empathy & active listening
- In depth practical steps & plans moving forward

This training includes a workbook which is provided beforehand, and a worksheet that is worked on during the training. This training is highly interactive with many case studies, group discussions and activities to participate in.

Enhancing & Adapting Practices for the Muslim Community

- Mental Health from an Islamic Perspective, including Islamic Psychology & Spirituality models
- The history of Muslim Mental Health, Islamic Concepts & how to use them in therapy
- Common myths of Muslim mental health, stigma & how to stop the cycle as clinicians
- Trauma & the Muslim mental health experience
- How to offer support specifically for Anxiety, Depression, ROCD and Suicide/Self Harm which includes specific Quranic, Prophetic & Islamic concepts to combat each
- In depth "Do's & Dont's" of therapy & how to adapt
- Islamic self-care, sunnah ways of wellbeing & positive Islamic affirmations

CHAMPIONS

Our Champions are individuals that **share our values and our vision**. They have chosen to collaborate with us to further our work in **prioritising mental health and wellbeing**, ensuring that we reach those who need us the most.



Want to become a Champion and support the movement?

- IM Champion – Open to all
- Artist Champion – For professional artists
- Business Champion – For small businesses



***"When Allah created the disease,
He also created the cure,
so seek the cure."***

[Ahmed]

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