



The Council of
European Jamaats



MENTAL HEALTH THE ROLE OF OUR MOSQUES

www.coej.org

What is Mental Health?

The World Health Organization defines mental health as:

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.”

”Mental health influences our ability to cope with change, transition and life events.”

Strategy Team and its Role



Emotional Support Skills Workshop

Skills include:



Stress bucket



Questioning skills



Listening skills



Empathy skills

Apply at :

<https://www.coej.org/emotional-support-skills-workshop-men-only/>



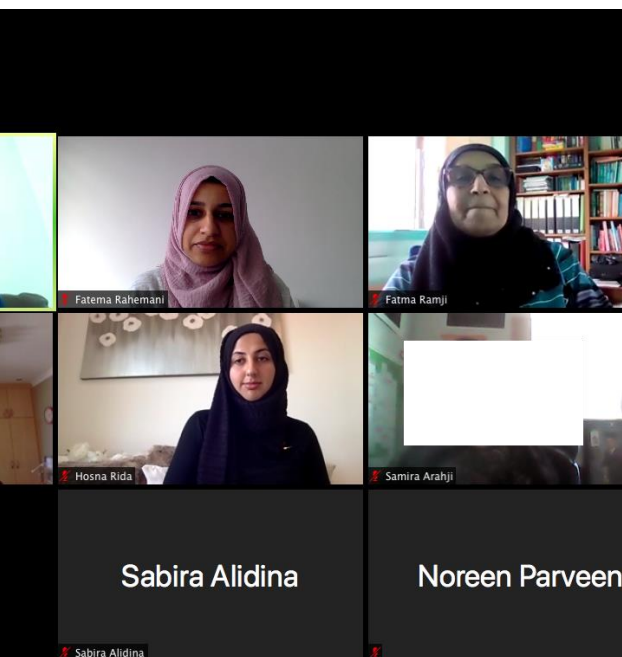
COEJ PRESENTS Loss & Bereavement Workshop

A workshop to assist in understanding the factors affecting the grieving process and how to communicate effectively with the bereaved.

WORKSHOP:
11TH OCTOBER 2020 | 4 - 7PM

REFLECTION CIRCLE
18TH OCTOBER 2020 | 4 - 5 PM

£10 Registration Fee



Signposting resources:

'Headspace' app

'Calm' app

Mindfulness for Teens

Youth guide for boosting Mental Health

Tips for boosting Mental Health

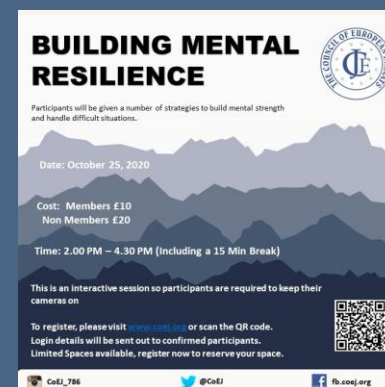
Muslim Youth Helpline

Methods to Lift Mood

Childline

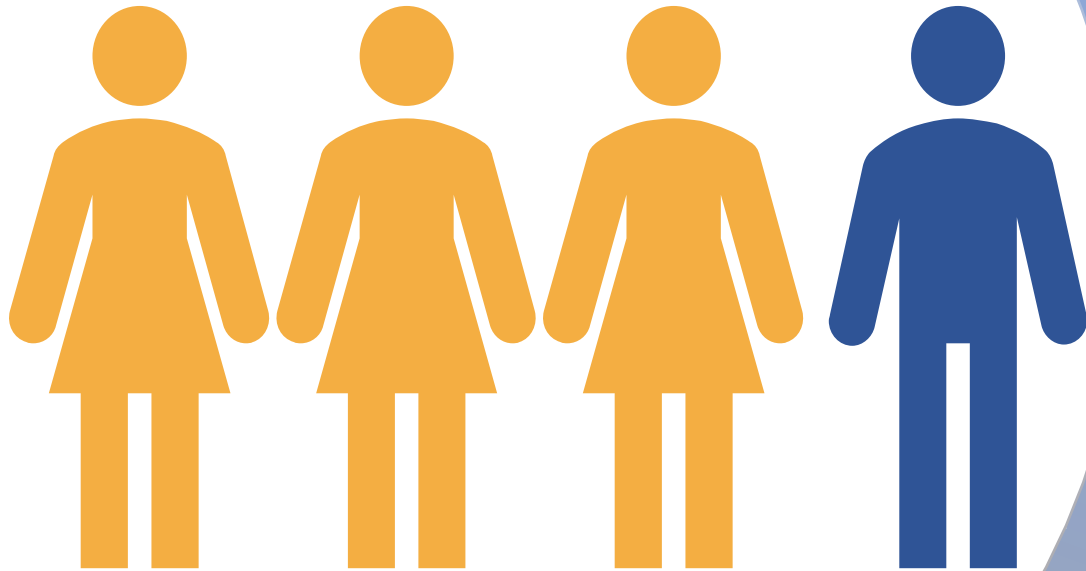
Some of the Creative Initiatives

- Workshops:
- Emotional Support Skills workshop
- Loss and Bereavement Workshop
- Mental Health First Aid workshop
- Building Mental Resilience

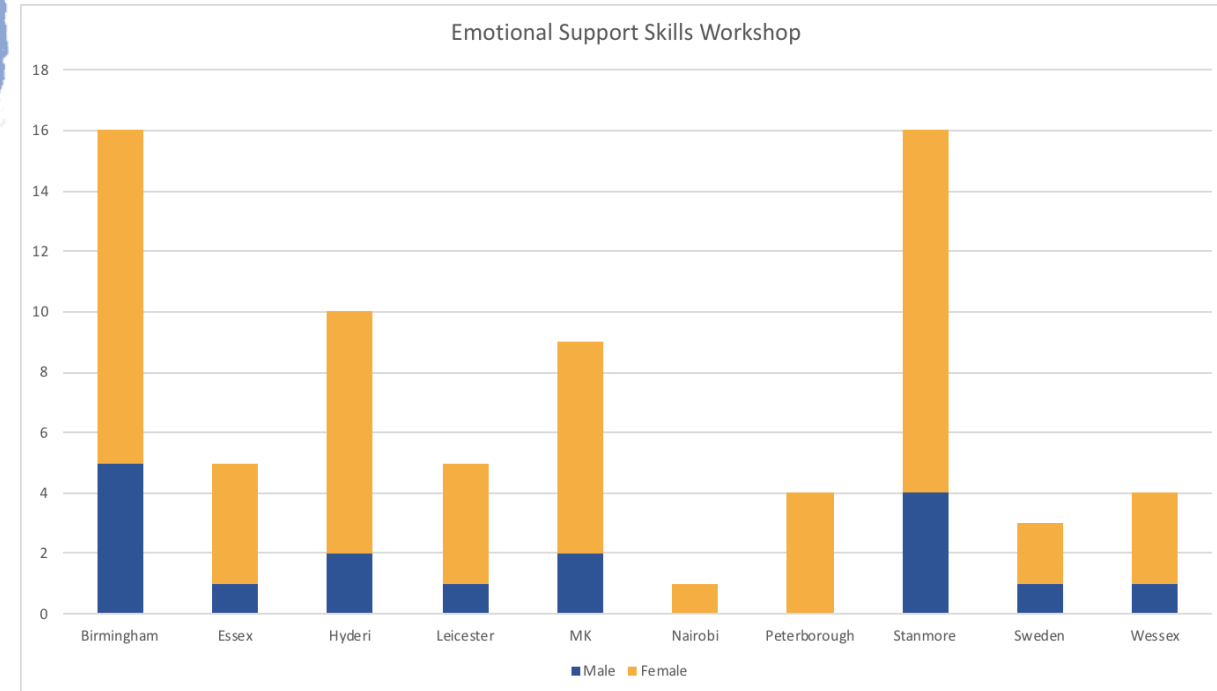


Everyone's wellbeing

Participant Gender Ratio



- Male Participation
- Female Participation
- Seniors of the community
- Native language speakers
- Children and young people



Highlights for participants:

- An awareness of the role language has to play in combating stigma
- Non judgemental listening skills
- Understanding self-care strategies : helpful and unhelpful coping strategies

Summary of our achievements

★ **March 2020:** Formation of a dedicated
Well-Being Strategy Team



- 7** Brand new well-being initiatives
- 15** Successful Emotional Support Skills Workshops
- 250+** Community members trained in mental health self care and providing support
- 2000+** Views on Quarantined Children's Questions e-book

Thank you



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