

Muslim Youth Helpline

MCB Update 5th April 2020

We're here to listen

Call our free helpline

0808 808 2008

Live Chat

www.myh.org.uk

Email

info@myh.org.uk

MYH.ORG.UK/ CORONAVIRUS



**Hopelessness
Anxiety
Health Anxiety
Coping Skills
Panic Attacks
Working From Home
Isolation and Loneliness
Being Trapped With an Abuser
Financial Stress
OCD
Depression
Lost Support Systems
Parenting Alone**

Lost Support Systems Mean We Need to Adapt

“I should have been there when he died”

“I can’t even go to her funeral because I’m in
quarantine”

“Nobody will remember him because we won’t
even be able to do a 40 day majlis”

Everybody will know of somebody who died





Feelings and Emotions

Hopelessness

Anxiety

Guilt

Isolation

Anger

Loneliness



**ITS OKAY
NOT TO BE OKAY**

PROPHETIC TRADITION ON LOSS AND BEREAVEMENT

Expressing Emotions

Counselling

If you don't know where to start, try MYH

Online and social media

Writing

Talking

Knowing where to go

Crying

Reach Out

Macmillan Support Line

0808 808 00 00

Mon-Fri 8am-8pm

Macmillan Community Forum

<https://community.macmillan.org.uk/>

myh muslim
YOUTH
helpline

SAKOON
PEACE OF MIND
WWW.SAKOON.CO.UK

Approachable
Parenting

MindworksUK

MWNUK
Muslim Women's Network UK

BRITISH ISLAMIC
MEDICAL ASSOCIATION

MCAPN
MUSLIM COUNSELLOR &
PSYCHOTHERAPIST NETWORK

Inspired Minds

MENTAL HEALTH DURING THE PANDEMIC. WE ARE HERE TO HELP!

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