

# Community Trauma Conference UK

## LIST OF MENTAL HEALTH ORGANISATIONS AND SERVICES

For People of Colour, Migrants, Refugees, Asylum Seekers and Muslim Communities affected by the racist riots, rhetoric and violence in the UK

[Organisations](#) | [Healing Circles](#) | [Mental Health Helplines](#) | [Resources](#)

### ORGANISATIONS

#### **Aashna Therapy Service**

A social justice therapy service providing an accessible communal approach to individual therapy for the LGBTQIA+ and global majority community.

<https://www.aashna.uk>

#### **A Fathers Child Services**

Offering free (limited spaces) counselling sessions to adults from marginalised groups, communities and racial/ethnic minorities in the UK.

<https://www.afcscic.org>

#### **Approachable Parenting**

Providing culturally sensitive counselling services for minority communities and specialised support for families dealing with the stresses of migration and cultural adaptation.

<https://approachableparenting.org>

#### **Ayati Mind**

A mental health and wellness platform that connects men from Black, Asian and Minority Ethnic backgrounds with culturally competent therapists and counsellors.

<https://ayatimind.com>

#### **Aya Training and Development (ATD)**

Providing intercultural therapy by taking a trauma informed, holistic, whole community approach to healing from social, cultural and racial adversities.

<https://ayatrainingdevelopment.com/intercultural-therapy>

#### **Barnardo's Boloh**

Supporting the mental health and wellbeing of adult asylum seekers across the UK. Offering emotional support and eight free therapy sessions. (Also listed in the Mental Health Helplines section)

<https://helpline.barnardos.org.uk/boloh-helpline/asylum-seekers>

#### **Bayo**

An online space to find collectives, organisations and services from across the UK – run by and for the Black community – to support their mental health and wellbeing.

<https://www.bayo.uk>

#### **Black, African and Asian Therapist Network (BAATN)**

Online directory of counsellors and psychotherapists of Black, African, Asian and Caribbean Heritage.

<https://www.baatn.org.uk>

**Black Minds Matter UK**

Providing safe, accessible and culturally appropriate therapy to the Black community.

<https://www.blackmindsmatteruk.com>

**Blam UK (CIC)**

Offering free Racial Wellness Workshops for Black British people.

<https://blamuk.org>

**BodhiSpace**

Offering low-cost counselling in Milton Keynes, Bedford and Northampton.

<https://www.bodhispace.co.uk>

**British Islamic Medical Association (BIMA)**

Offering pastoral, spiritual support and therapy to Muslim members facing Islamophobia and other forms of discrimination in the workplace.

<https://britishima.org>

**Croydon Drop In – Counselling in the Community**

Offering young people aged between 10 to 25 years old free face to face, online and phone counselling.

<https://croydondropin.org.uk>

**Happiworkers**

Providing organisations with qualified counsellors and therapists trained to work through an anti-racist lens to support their employees.

<https://happiworkers.health>

**Headstrong Counselling**

Providing low-cost counselling sessions. Currently offering 25% off the usual assessment price (for the first 50 people using code HSC2024) subject to demand.

<https://headstrongcounselling.co.uk>

**Inspirited Minds**

Providing faith sensitive therapy for Muslim clients. Also open to people of other faiths.

<https://inspiritedminds.org.uk>

**Lateef Project**

Providing Muslims, people of faith and minoritised communities faith-based and Islamic counselling.

<https://www.lateefproject.org>

**Lifespan Psychology: The Diverse Practice**

A private psychological therapy practice for all walks of life, all ages, all stages, all backgrounds.

<https://www.lifespanpsychology.co.uk>

**Lot 36**

Providing low-cost/affordable culture-competent and culture-sensitive counselling.

<https://www.lot36.co.uk>

**Mindfulness Network for People of Colour (MNPC)**

Helping people of colour work through racialised and transgenerational trauma, racism and dominant narratives.

<https://www.mnpc.co.uk>

**Minds in Session**

Providing counselling for both individuals and groups. Groups focused on the management of racial trauma.

<https://www.mindsinsession.com>

**Mindworks UK**

Offering faith based and culturally sensitive low-cost counselling sessions. If residing in Wandsworth and Merton - up to 12 free sessions.

<https://www.mindworksuk.co.uk>

**Muslim Women's Network (MWN)**

Providing a faith and culturally sensitive counselling service. (Also listed in the Mental Health Helplines section)

<https://www.mwnhelpline.co.uk>

**Muslim Counsellor & Psychotherapist Network (MCAPN)**

Online directory of Muslim counsellors and psychotherapists.

<https://www.mcapn.co.uk>

**Nafsiyat Intercultural Therapy Centre**

Providing effective and accessible psychotherapy and counselling services to people from diverse religious, cultural and ethnic communities in London.

<https://www.nafsiyat.org.uk>

**Paiwand**

Providing free counselling services to refugees and asylum seekers in Northwest London.

<https://www.paiwand.com>

**Pattigift Therapy**

Community focused provider of African-centred therapy.

(Also listed in the Healing Circles section)

<https://www.pattigifttherapy.com>

**Piece into Peace**

A trauma-informed psychotherapy centre that provides online therapeutic/counselling services.

<https://www.pieceintopeace.com>

**Refugee Council**

Providing a mental health and counselling service to all asylum seekers and refugees.

<https://www.refugeecouncil.org.uk>

**Restoration Therapy**

Providing counselling and psychotherapy to Black, Asian and Minority Ethnic communities.

<https://www.restorationtherapy.co.uk>

**Sakoon**

Provider of Islamic counselling.

<https://www.sakoon.co.uk>

**Southeast and East Asian Centre (SEEAC)**

Providing free and subsidised mental health support, counselling and peer-group activities to Southeast and East Asian communities in the UK.

<https://www.seeac.org.uk>

**Tapestry Wellbeing**

Providing a person centred, holistic, faith and culturally sensitive approach to online and face to face wellbeing service to children, young people and adults.

<https://www.tapestrywellbeing.co.uk>

**Tell Mama**

Providing free counselling support to victims of anti-Muslim hatred and Islamophobia.

(Also listed in the Resources section)

<https://tellmamauk.org>

**The Anti-Discrimination Focus (TADF)**

Directory of therapists that have completed race, culture and anti-discrimination core competence training.

<https://tadf.co.uk>

**The Empowerment Group (TEG)**

Supporting the Black community with culturally appropriate therapy.

<https://www.theempowermentgroup.co.uk>

**The Reflection Project**

Providing child therapy services to Muslim heritage children and young people aged between 2 - 24.

Free to children in Barnet, Haringey, Kensington & Chelsea, Westminster, and Hammersmith and Fulham.

<https://thereflectionproject.org>

**Trauma Foundation South West (TFSW)**

Providing free, long-term psychotherapy and counselling to highly traumatised refugees and asylum seekers.

<https://www.tfsw.co.uk>

## **HEALING CIRCLES**

### **Association of Black Psychologists (UK) in association with Pattigift Therapy**

Offering daily (evening) Sawubona Healing Circles for people of African Heritage.

For more information email: [INFO@UKABPSI.CO.UK](mailto:INFO@UKABPSI.CO.UK)

### **Healing Justice LDN**

Offering Breath Circles for Collective Capacities: A gathering space for solidarity, connection, modulation and soothing of our nervous systems.

<https://healingjusticeldn.org>

### **Inside Out Wellbeing Support Circle**

Offering a space to come together to share and be held in community.

<https://www.insideoutwellbeing.org>

### **Nubia Wellness and Healing (NWAH) CIC**

Providing Emotional First Aid Course: African Psychology Healing in Action in response to the Psychic Terrorism currently waged on Global Majority People in the UK.

<https://nwah.learnworlds.com>

### **Pattigift Therapy**

Facilitating Healing Circles and/or Community Groups to process the racist riots and violence that has been happening across the UK. (Also listed in the Organisations section)

<https://www.pattigifttherapy.com>

### **Radical Therapist Network**

Holding Support Circles for Community in response to the racist riots and violence that has been happening across the UK.

<https://www.radicaltherapistnetwork.com>

### **South Asian Heritage Trust**

Offering Listening Circles. A safe and supportive space for those who are feeling distressed or fearful in light of the recent events across the UK.

<https://southasianheritage.org.uk>

### **Synergi**

Care for the Collective: Offering peer and emotional support for the community affected by the racist rhetoric and violence in the UK.

<https://synergiproject.org.uk>

## **MENTAL HEALTH HELPLINES**

### **Barnardo's Boloh Helpline – Call FREE 0800 151 2605**

Supporting the mental health and wellbeing of adult asylum seekers across the UK. Offering advice, signposting and emotional support. (Also listed in the Organisations section)

<https://helpline.barnardos.org.uk/boloh-helpline/asylum-seekers>

### **Mind Support Line – Call 0300 102 1234**

A safe space to talk about your mental health and help finding specialist support.

<https://www.mind.org.uk/information-support/helplines/>

### **Muslim Community Helpline – Call 020 8904 8193 / 020 8908 6715**

A confidential, non-judgemental listening and emotional support service.

<https://muslimcommunityhelpline.org.uk>

### **Muslim Women's Network (MWN) Helpline - Call FREE 0800 999 5786**

National specialist, faith and culturally sensitive helpline. (Also listed in the Organisations section)

<https://www.mwnhelpline.co.uk>

### **Muslim Youth Helpline – Call 0808 808 2008**

Faith and culturally sensitive support by Phone, Live chat, WhatsApp or Email.

<https://myh.org.uk>

### **Samaritans – Call FREE 116 123**

Providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide throughout the UK. Support provided 24 hours a day, 365 days a year.

<https://www.samaritans.org>

## **ADDITIONAL RESOURCES**

### **BARAC**

Campaigning against all forms of racism and supporting families and victims of racist attacks.

<http://blackactivistsrisingagainstcuts.blogspot.com>

### **Citizens Advice Bureau**

Providing advice if you are affected by the far-right riots and racist attacks.

<https://www.citizensadvice.org.uk>

### **Hope Not Hate**

Staying Safe amidst Far-Right Violence Guide.

<https://secure.hopenothate.org.uk/page/154698/petition/1>

### **Islamophobia Response Unit**

Providing support for people affected by Islamophobic incidents in England and Wales.

<https://www.theiru.org.uk>

### **Migrants' Rights Network**

London local resources and Know your rights guide.

<https://migrantsrights.org.uk>

### **On Your Side**

A UK wide support and reporting service for anyone in the UK who identifies as East or Southeast Asian who has experienced racism or any forms of hate.

<https://www.onyoursideuk.org>

### **Report it**

Reporting a hate crime.

<https://www.report-it.org.uk>

### **SARI**

Providing free and confidential support for anyone who is victim of hate crime across Avon and Somerset.

<https://saricharity.org.uk>

### **Stop Hate UK**

Reporting anti-hate and anti-discrimination.

<https://www.stophateuk.org>

### **Tell Mama**

To report any form of Anti-Muslim abuse.

(Also listed in the Organisations section)

<https://tellmamauk.org>

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This list has been compiled by [Community Trauma Conference UK](#).

*Thank you to the Community of mental health practitioners, organisations and services for their outpouring of support in making this list possible.*

The inclusion of organisations and services in this list is not indicative of our endorsement of such services.

Every effort has been made to ensure that the information is correct and up to date. Please check with service providers before passing onto others.

If you are aware of any details that need to be corrected, please let us know by emailing:

[info@communitytraumaconf.com](mailto:info@communitytraumaconf.com)