

# ISLAMOPHOBIA: MENTAL HEALTH

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AWARENESS MONTH

## United Kingdom (UK)



A report by the Better Community Business Network (BCBN) in 2021<sup>[1]</sup> revealed that:

**Over 70%** of those who had experienced “mental health struggles” had also experienced **Islamophobia**.

More than **two-thirds** reported bullying, with nearly half experiencing this at school. **64% of young Muslims** said they experience suicidal thoughts.

**Anxiety, depression, and stress** are the most common mental health issues among young Muslims.

**90% of service users** said it was important for mental health support services to be faith and culturally sensitive.

## United States of America (USA)



The 2023 Bullying Report by CAIR California found that **40-50% of Muslim students** between the ages of 11-18 surveyed have consistently reported being bullied over the past decade.

Nearly **half of the students** reported feeling unsafe, unwelcome, or uncomfortable at school because of their Muslim identity.

**25% of students** reported that an adult at their school made offensive comments or acted offensively to Islam/Muslim.<sup>[2]</sup>

A 2021 study revealed that American Muslims report **two times the odds** of a suicide attempt in their life compared to respondents from other faith traditions including atheists and agnostics.<sup>[3]</sup>

## Australia



The fourth Islamophobia in Australia report has been compiled from incidents reported to the Islamophobia Register Australia (IRA) since its inception in September 2014 until December 2021.

Being the convenient and frequent target of Islamophobia, **hijabi Muslim women displayed hypervigilance in their daily routines.**<sup>[4]</sup>

Whether the incident was verbal or physical had no bearing on suffering from long-term impacts, with approximately **one-quarter** of respondents suffering a long-term impact from **verbal (24%)** and **physical attacks (25%)**.

- The **All-Party Parliamentary Group (APPG)** on British Muslims, who collected anonymous reports of experiences of Islamophobia from four UK cities stated that “A striking aspect of the anonymous victim testimonies was the impact on the mental health of the victims which often included feelings of isolation, having nobody to turn to, feeling neglected by the police and the sense that there was no point in reporting the crime, avoiding public spaces, or having to move house or school or jobs to put an end to the abuse. This element of the victim testimonies indicated the importance of capturing the impact of Islamophobia within the definition.”
- *Islamophobia Defined, APPG, 2018: page 53*

**If you're struggling with your mental health, you can contact:**

**Muslim Youth Helpline:**

Call their helpline 7 days a week (4pm-10pm) 0808 808 2008  
<https://myh.org.uk/>

**Inspired Minds:**

Contact form: <https://inspiredminds.org.uk/contact-us/>

### Muslim Women's Network Helpline:

Monday to Friday 10am to 4pm: 08000 999 5786

By email: [info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)

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

### Amina:

The Helpline is a support service for Muslim and BME women in Scotland

Helpline: 0808 801 0301

<https://mwrc.org.uk/>

### Mind:

Monday to Friday 9am-6pm (except bank holidays): 0300 123 3393

By email: [info@mind.org.uk](mailto:info@mind.org.uk)

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

### Childline:

24 hours a day, 7 days a week: 0800 1111

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

### Victim Support:

Support line: 0808 1689 111

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

### Islamophobia Response Unit:

legal support to victims of Islamophobia in England and Wales

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

### Stop Hate UK:

By phone: 0113 293 5100

By email: [info@stophateuk.org](mailto:info@stophateuk.org)

<https://www.stophateuk.org/>

1. A 2021 report conducted by The Better Community Business Network (BCBN) and the University of East London, School of Psychology, looks at the obstacles faced by young Muslims in their battle to maintain their mental health. The report was based on the responses of 729 young Muslims.
2. CAIR California, <https://ca.cair.com/sacval/publications/2023-bullying-report/>, 2023
3. <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/>
4. Islamophobia in Australia- IV (2014:2021):[https://researchoutput.csu.edu.au/ws/portalfiles/portal/313346505/UPDATED\\_IslamophobiaInAustralia\\_ReportIV\\_digital\\_lowres\\_spread\\_update.pdf](https://researchoutput.csu.edu.au/ws/portalfiles/portal/313346505/UPDATED_IslamophobiaInAustralia_ReportIV_digital_lowres_spread_update.pdf)