



SLM Wellbeing Impact report

A concise review of the events, initiatives, and impact delivered across our service.

Swipe Right ->





Since our establishment we have...



Raised over **£80,000** for charity projects



360+ faith - informed and culturally sensitive counselling sessions



Delivered over **200+** hours of cost-free therapy



Over 250 **free** consultations and referrals



Established the **first** ever accredited Level 3 mental health programme for Muslim Mental Health in the UK



Facilitated multiple mental health workshops in the local community



Delivered multiple lectures at Warwick University, Markfield Institute



Became an **NCFE** approved learner centre (Ofqual regulated national awarding organisation)



10 Community Wellbeing Walks to date, 175+ participants



CHARITY HIKES



SLM Wellbeing has partnered with Human Appeal to deliver a series of charity hikes aimed at supporting humanitarian relief efforts in Palestine.



These community-led events combined physical challenge with purpose, encouraging participation from across their network while raising significant funds for urgent aid projects.

Through these initiatives, participants collectively raised over £80,000. Contributing directly to ongoing charitable programmes focused on emergency relief and long-term support for affected communities.



Support
our work



MMH CHAMPIONS

Ongoing project



MMH CHAMPIONS LAUNCH

A special event marking the launch of our Muslim Mental Health Champions programme, bringing together community members to raise awareness and spark important conversations around mental health.



The MMH Champions programme is an ongoing SLM Wellbeing initiative designed to build internal capacity and strengthen Muslim mental health awareness across the organisation.



The first cohort consists of 15 training champions who aim to support peers, promote positive wellbeing practices, and act as an accessible point of contact for Muslim mental health guidance and signposting.



SACRED STILLNESS RETREAT



A reflective retreat offering a safe and calming space to pause, reconnect, and focus on spiritual and emotional wellbeing.

Designed to create distance from everyday pressures, the retreat provided participants with an opportunity to slow down, reset, and engage in meaningful self-reflection within a supportive environment.



The experience combined guided moments of reflection, structured learning sessions, and opportunities for personal growth, encouraging individuals to explore their emotional wellbeing, strengthen self-awareness, and reconnect with their values.



MMH CHAMPIONS

Ongoing project



A community-focused programme designed to train and empower individuals to support mental health within Muslim communities.

It equips participants with knowledge, confidence, and leadership skills to advocate for wellbeing and reduce stigma.



WELLBEING WALKS



A regular series of wellbeing walks designed to encourage physical activity, social connection, and mental clarity in a relaxed and supportive environment.



These walks provide participants with a simple yet effective way to step away from daily pressures, spend time outdoors, and engage in light movement that supports both physical and emotional wellbeing.

Open to all, the sessions create opportunities for informal conversation, peer connection, and reflection, helping to reduce isolation and strengthen community ties.



Support
our work



FAITH IN MIND

Unique two day training workshop focused on understanding Muslim mental health



Bringing together Islamic teachings and psychology, this programme offers a faith-informed approach to mental health.



This workshop helps individuals develop self-awareness, build resilience, and gain practical tools to navigate challenges and support those around them.



THE COMMUNITY THERAPY PROJECT

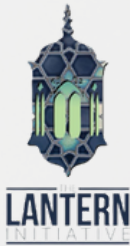


A subsidised counselling initiative delivered in partnership with NHS services, providing accessible, faith-informed and culturally sensitive therapy. The programme is designed to remove barriers to mental health support by offering affordable sessions that are grounded in both professional clinical practice and an understanding of spiritual and cultural contexts.

Tailored specifically to meet the needs of Muslim communities, the service integrates evidence-based therapeutic approaches with an awareness of faith, identity, and lived experience. This ensures individuals receive holistic support that respects their values while addressing a wide range of emotional and psychological wellbeing needs.



Organisations we have worked with



NSPCC



NHS



NCFE APPROVED LEARNER CENTRE

CENTRE NUMBER 11000696



Support
our work



Through our programmes and services, we have increased access to culturally and faith-sensitive support, helped individuals build self-awareness and resilience.

We have equipped communities with the knowledge and skills to better understand mental health, support others, and challenge stigma.



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and enquire to
commission our
services**

Make a difference today

