

Spiritual wellbeing resources organised by colleagues of Islamic faith*

(*Please note these resources can be utilised by people of all faiths or none)

1) **British Islamic Medical Association (BIMA)**

Weekly spiritual webinar and peer to peer debriefs



2) **Cheadle Masjid**

Surviving the lockdown – nightly reflections



3) **Inspirited Minds**

A Muslim organisation providing counselling services.

<https://inspiritedminds.org.uk/coronavirus/>

4) **Yaqeen Institute**

US based organisation. Webinars addressing spiritual and mental well-being in times of crisis particularly in relation to Coronavirus

<https://yaqeeninstitute.org/collections/faith-in-the-time-of-coronavirus/>

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If you have additional recommended resources please email: shehla.imtiaz-umer@nhs.net

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