

Support for Jewish communities

Community security trust (CST)

CCST – Protecting Our Jewish Community - 0800 032 3263

CST is a charity that protects British Jews from antisemitism and related threats. They have a dedicated team that deals with antisemitic incidents and provides victim support, while respecting confidentiality at all times. CST can liaise with the police and other bodies to help ensure that any incident is dealt with properly. If service users do not want to contact the police directly, CST can do so on their behalf as a 'Third Party Reporter'.

Neshomo

Neshomo - Emotional Wellbeing - Manchester - 03000 110 330

Neshomo is a Jewish mental health charity trying to help better the wellbeing of the Jewish community. They have a befriending service and also have someone called a mental health link worker whose role is to connect with mental health staff such as hospital staff and NHS mental health team to offer emotional, cultural and social support.

The helpline Home

The Helpline - 0330 127 3333

The helpline is a confidential and anonymous helpline which is open 24/7 including during Jewish holidays (Shabbos and Yom Tov). They are there to provide support and guidance and their staff have a lot of training around crisis support in case of calls from runaways or suicidal callers.

Streetwise Home

Home | streetwise (streetwisegb.org)

Streetwise work nationally with Jewish schools and community organisations to better the personal safety of young Jewish people to support their physical and emotional wellbeing. They aim to give young people the correct tools and skills to be safer and know what to do if they come across antisemitism.

Jewish Women's Aid

Jewish Women's Aid (jwa.org.uk) - 0808 801 0500

Jewish Women's Aid is a specialist organisation in the UK supporting Jewish woman and children affected by domestic abuse or sexual violence. They offer immediate practical and emotional support, advocacy and advice, counselling for up to 2 years, children's therapy and healthy relationship education.



Support for Muslim communities

Tell MAMA

[Report in Anti-Muslim Hate or Islamophobia](#) - 0800 456 1226

Tell MAMA is an independent and confidential support service to those who face Islamophobia across the UK. They are also a third party reporting centre which allows people to report any form of Islamophobia whether that is because they identify as Muslim or they are attacked on being perceived to be a Muslim. By using their 'Submit a Report' section, service users can describe the details of the abuse they suffered, whether verbal or physical, and then add in the location of the attack so that Tell MAMA can effectively map incidents across England. They also provide counselling support to victims in addition to emotion support, legal signposting, advocacy and court attendance support.

Muslim Youth Helpline Home

[Muslim Youth Helpline \(myh.org.uk\)](#) - 0808 808 2008

Muslim youth helpline provides faith and culturally sensitive support by phone, text or email. This confidential helpline is open 4pm-10pm 7 days a week including on Eid. They are a service working to help empower Muslim youth by finding solutions that work best for them. They provide support at the point of crisis for those that need emotional support and signposting.

Muslim Women's Network

[MWN Helpline UK](#) - 0800 999 5786

Muslim women's network is a national specialist service which offers information, support, guidance and referrals. They provide holistic in depth support for those service users who have more complex cases and may need support for months. Although, their service users are primarily Muslim women and girls, they also provide support to men (5% of callers) and to women of other faiths and no faith (e.g. 4%). They provide support around different forms of abuse and mental health.

Islamophobia Reporting Unit (IRU)

[Home - The Islamophobia Response Unit \(theiru.org.uk\)](#)

Islamophobia Response Unit (IRU) is an independent charity dedicated to supporting people affected by Islamophobic incidents in England and Wales. They are a platform for victims of Islamophobia to confidentially report their experiences. They allow victims to report their experiences and can receive legal support, basic emotional support, and access to other referral agencies.



Support for Muslim communities

Inspired Minds

[Inspired Minds Home - Inspired Minds](#)

Inspired Minds is a Muslim mental health charity that provides professional and confidential assistance to those who need support with mental health. They provide support and Counselling services (at a cost), resources on topics such as anxiety, stress, loneliness, OCD, bereavement, creativity and webinars on dealing with depression, OCD and eating disorders.



Norfolk & Suffolk
Victim Care

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