



**\*\*August 2024 - Statement from CEO of Mind in Kingston: in solidarity and support\*\***

We know the last few weeks have been particularly difficult for many.

As a local mental health charity deeply rooted in our diverse community, we have been profoundly saddened by the recent racist and Islamophobic riots and attacks experienced across the UK. We stand in solidarity with those who have been harmed, frightened, or made to question their sense of belonging in their own neighbourhoods.

At Mind in Kingston, we feel strongly that racism and violence have no place in our society. We affirm that every person, regardless of our race, religion or background, deserves to feel safe, respected, and valued in our community. It is devastating that the tragic crime committed in Southport was associated with ongoing violence against racialised, migrant and Muslim communities. We deeply hope that the pleas from families and the community in Southport to grieve in peace are honoured and respected.

In challenging times, it is vital that we come together to support one another, especially those most vulnerable and impacted by these acts of violence and discrimination. We know that [the mental, physical and emotional toll inflicted by racism](#), Islamophobia and discrimination in all its forms, can make it more likely to develop mental health problems. These could include increased anxiety, depression, long-lasting symptoms of trauma and a sense of isolation among those affected. At Mind in Kingston, we would like to remind everyone that you are not alone.

Our mission at Mind in Kingston is more important than ever. We fight for mental health. For support. For respect. For you. We know that mental health support alone is not enough to address the deep-rooted causes of racism in all its forms. However, we also recognise the urgent need for mental health support in these circumstances and are dedicated to spotlighting resources and ensuring that our services are accessible to all.

We encourage anyone struggling with feelings of fear, anxiety, or distress to reach out to us and other trusted sources of mental health support, whether locally or nationally. As a Local Mind we provide safe and welcoming spaces for individuals to talk about their experiences and feelings, and our trained professionals are here to listen, and support you on your recovery journey. Beneath this statement we have shared further sources of mental health support including helplines, local grassroots organisations and resources. In the coming weeks and months, we will continue to actively share resources to our members, across our networks and communities.

Mind in Kingston is so proud to be part of our local [Borough of Sanctuary](#), working in strong partnerships as a member of the 'Kingston Black, Asian and Minority Ethnic Mental Health Partnership' and of [Mind in London](#). We have been heartened to see an outpouring of love and support from our local communities and leaders across the borough, London and beyond - united against hate, and championing our shared values of understanding, kinship and compassion. By continuing to be open in our dialogues, hearts and minds; we know our communities are stronger together. As we move forward as a community; let us be unwavering in our commitment to support one another, stand firmly against all forms of discrimination and racism, and continue to uplift our communities in kindness, dignity and respect.

In solidarity and support,

Rachel Dykins, interim CEO of [Mind in Kingston](#)

**Getting help in a mental health emergency:**

For guidance on where to seek support in a mental health crisis [visit our website](#).

**Bespoke mental health, wellbeing or advocacy support for racialised communities:**



## Kingston / Local\*:

- [Refugee Action Kingston](#) providing a range of support services, to refugees and asylum seekers including counselling
- [Islamic Resource Centre](#) providing range of wellbeing services including counselling and advocacy
- [Mind in Kingston - Magpie Project](#): offering wellbeing and counselling services in the Korean language
- [Connect: North Korea](#) supporting escaped North Korean people to overcome the barriers that prevent them from building new lives.
- [Migrant Advocacy Service](#) supporting access to healthcare, welfare and housing support
- [Kingston Race Equality Council](#): providing casework associated with race and inequity.

\*This is not a full or definitive list. Other sources of support for our diverse communities may be found on [Connected Kingston](#).

\*\*If you are in a position to support the work of these important organisations, please do.

## Multi-cultural / London-wide:

- [Healing Justice London](#) – community health and healing to support our personal, collective and structural transformation.
- [Nafsiyat Intercultural Therapy Centre](#): offering intercultural therapy across London in over 20 languages to people from diverse cultural communities.
- [The Black, African and Asian Therapy Network](#) : community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK

## National mental health helplines and wellbeing resources for the Black community/diaspora:

- [Black Minds Matter](#)
- [The Black Wellbeing Collective](#)
- [Bayo & The Ubele Initiative](#)
- [Safe Spaces for Black Women](#)

## Mental health helplines and resources for the Muslim community:

- [Muslim Community Helpline](#)
- [Muslim Youth Helpline](#)
- [The Muslim Mental Health Alliance](#)
- [Young Minds: Self-care guide for young Muslims](#)

## Reporting Hate Crime mechanisms:

You are encouraged by our community policing teams to report any safety incidents, concerns or signs of hate crime. Call 999 if you're reporting a crime that's in progress or if someone is in immediate danger. If the incident isn't an emergency, you can call 101.

- [Reporting Hate Crime](#) Crimes committed against someone because of their disability, race, religion or belief, transgender-identity or sexual orientation are hate crimes and should be reported to the police.
- **Support and protect East & South East Asian communities:** [On Your Side](#)
- **Support and protect Jewish communities:** [CST](#)
- **Support and protect Muslim communities:**
  - [Tell Mama](#)
  - [Islamophobia Response Unit](#)

## **National mental health resources and helplines:**

[National Mind](#) - Mind's 4 helplines provide a voice at the end of the phone when there's nowhere else to turn. Each line meets a different mental health or wellbeing need: mental health information, emotional support, welfare advice and mental health law.

[Samaritans](#) - Whatever you're going through, a Samaritan will face it with you. Available 24 hours a day, 365 days a year. Call 116 123 for free. Also available on email and online chat.

[Papyrus](#) - Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact Papyrus.

[Young Minds](#) – Providing mental health support and advice to young people and parents.

[Shout](#) - The UK's free, confidential and 24/7 mental health text service for crisis support: 85258