



# Religion and Religious Helplines

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## **General Listening Services and Support**

*For an overview of all University-lead Faith support and lists of local places of worship, see the Chaplaincy page:*

<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/>

### Buddhism

- **Durham University Buddhist Society** (group) is a student society for anyone with an interest in Buddhism, spirituality or meditation.  
<https://www.durhamsu.com/groups/buddhist-society-6f40>
  - Instagram: @dubudsoc
- **The Samatha Trust** (info/groups). Local and online classes offering instruction in Buddhist meditation and spiritual guidance. The nearest one is in Sunderland. Classes are currently <https://samatha.org/>



## Christianity

- **Christian Premier Lifeline** (helpline) is a confidential telephone helpline offering a listening ear, emotional and spiritual support from a Christian perspective, prayer and signposting.  
<http://www.premierlifeline.org.uk/>
  - Phone: 0300 111 0101
    - Monday-Friday (9am-5pm)
- **Durham University College Chaplains** (info/support). Many Durham university colleges have chaplains within their colleges. For further information about Christianity at Durham, see the Chaplaincy page.  
<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/christianity/>
  - Email: [chaplaincy@durham.ac.uk](mailto:chaplaincy@durham.ac.uk)
- **Association of Christian Counsellors** (counselling directory). This professional body provides a directory of Christian counsellors and psychotherapists in the UK.  
<https://www.acc-uk.org/>

## Hinduism

- **Durham University Hindu Society** (support/groups). There is a vibrant student-led Hindu Society supported by Durham's Hindu Chaplain.  
<https://www.durhamsu.com/groups/durham-hindu-society>
  - Instagram: @durhamhindusociety
- **Hindu places of worship nearby** (signposting). There are a number of mandirs in the region, including temples in Newcastle and Middlesbrough, locations and contact details can be found using the below link:  
<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/hinduism/>

## Islam

- **Durham University Islamic Society** (support / groups / places of worship). The University has a large and active Islamic Society, with two dedicated Islamic Prayer Rooms located on Old Elvet (behind the Dun Cow Pub) and on the edge of Grey College. These rooms are used daily, throughout the year, for the five daily prayers as well as the Jummah (Friday) Prayer alongside festivals and celebrations. To use the Prayer Rooms and to contact other Muslim



students at the University, see the website below.

<https://duisocom.wordpress.com/>

- Join through the Durham Student Union:  
<https://www.durhamsu.com/groups/islamic-society-2bff>
- Instagram: @duisoc
  
- **Muslim Youth Helpline** (helpline/whatsapp/live chat/email) offers faith and culturally sensitive listening support 365 days a year, including bank holidays and Eid.  
<https://myh.org.uk/>
  - Phone: 0808 808 2008
    - Everyday (4pm-10pm)
  - Whatsapp: 0808 808 2008
    - Everyday (4pm-10pm)
  - Live Chat: <https://myh.org.uk/how-we-can-help/chat-with-us/>
    - Everyday (4pm-10pm)
  - Email: [help@myh.org.uk](mailto:help@myh.org.uk)
  
- **Muslim Women's Network UK Helpline** (helpline/SMS/live chat/email/info). Helping Muslim women and girls with a helpline and counselling service  
<https://www.mwnhelpline.co.uk/index.php>
  - Phone: 0800 999 5786
    - Monday-Friday (10am-4pm)
  - SMS: 07415 206 936
    - Monday-Friday (10am-4pm)
  - Email: [info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)
  - Live chat: <https://www.mwnhelpline.co.uk/index.php>
    - Monday-Friday (10am-4pm)

## Judaism

- **Durham University Jewish Society** (support / groups). They hold weekly events open to all Jewish students and staff of the University, usually held in St Aidan's College. They include a weekly Shabbat dinner cooked in a kosher kitchen, providing a variety of dishes that conform to Jewish dietary law, and they host other events including speakers, meals, film nights and festival celebrations. The students regularly host interesting speakers at Lunch 'n' Learns as well as offering participation in the bespoke Genesis program.  
<https://www.durhamsu.com/groups/jewish-5470>
  - Email: [jewish.society@durham.ac.uk](mailto:jewish.society@durham.ac.uk)
  - Address: Jewish Society, Durham Students' Union, Dunelm House, Durham, DH1 3AN



- **Jewish Places of Worship nearby** (signposting). Locations and contact details for local Jewish communities and places of worship can be found using the below link.  
<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/judaism/>
- **Community Service Trust** (helpline/counselling/advice). A charity that supports the Jewish community by providing security training, trauma counselling, and advice for dealing with antisemitism.  
<https://cst.org.uk/>
  - Phone: 0800 032 3263
    - Available 24/7
- **JAMI** (support/advocacy/counselling) guide Jewish people through the navigating mental health services, providing emotional support and expert advice, and provide professional, person-centred treatment and support for young people and adults with mental health needs, as well as for their families and carers.  
<https://jamiuk.org/>
  - Refer through this form: <https://jamiuk.org/get-support/referral/>
- **Jewish Care Listening Line** (helpline). Staffed by trained volunteers who provide a non-judgemental listening ear for Jewish people.
  - Phone: 0800 652 9249
    - Monday-Thursday (12pm-12am), Friday (12pm-3pm)

## Sikhism

- **Sikh Helpline** (helpline/email). The Sikh Helpline is a free professional and confidential telephone counselling and email inquiry service, available 24 hours a day, 7 days a week.  
<https://www.sikhhelpline.com/>
  - Phone: 03000 3000 63 or 07999 0043 63
    - Available 24/7
  - Email: [info@sikhhelpline.com](mailto:info@sikhhelpline.com)
  - Contact form: <https://www.sikhhelpline.com/contact-us/>
- **Sikh Places of Worship nearby** (signposting). Locations and contact details for local Jewish communities and places of worship can be found using the below link.  
<https://www.durham.ac.uk/colleges-and-student-experience/student-support-and-wellbeing/faith-support/sikhism/>



## LGBTQ+ and Religion

*For more services for LGBTQ+ people, see the Sexuality and Transgender Identity document*

### Christianity

- **ICMD:** the Inclusive Christian Movement Durham (support) offers a space for Christians of any denomination and background to come together.
  - [@imdurham](#) on instagram
  - <https://www.movement.org.uk/scm-connect-directory/13924>
- **One Body One Faith** (info) challenges homophobia and transphobia especially within the church and faith-based organisations.  
<https://onebodyonefaith.org.uk/>
- **Quest** (info/signposting) Signposting and information for LGBTQ+ Catholics  
<https://questlgbti.uk/>

### Islam

- **Hidayah LGBTQI+** (events / support / email). Resources, workshops, email support, social events and mentorship for LGBTQI+ Muslims.  
<https://hidayahlgbt.com/>
  - Support email: [wellbeing@hidayahlgbt.co.uk](mailto:wellbeing@hidayahlgbt.co.uk)
  - Events: <https://hidayahlgbt.com/events/>
  - Wellbeing resources: <https://hidayahlgbt.com/wellbeing/>
- **IMAAN** (info) provides information about LGBT+ identities and their relationship to Islam.  
<https://imaanlondon.wordpress.com/>
- **Naz and Matt Foundation** (info/support) - Provides support including 1-2-1's which can be requested for anyone who was born into a Muslim family and identify as LGBTQI+.  
<https://www.nazandmattfoundation.org/>

## Religious Hate Crimes

- **Equality Advisory Support Service** (helpline/live chat/email/BSL). UK charity providing independent support to people affected by hate crime. BSL available.  
<http://www.equalityadvisoryservice.com/app/home>



- Phone: 0808 800 0082
  - Monday-Friday (9am-7pm), Saturday (10am-2pm)
- Live chat and email: <https://www.equalityadvisoryservice.com/app/ask>
  - Monday-Friday (9am-7pm), Saturday (10am-2pm)
- BSL: <https://www.equalityadvisoryservice.com/app/bsl>

## Islam

- **Tell MAMA** (helpline/text/whatsapp/email). A confidential support service for those facing anti-Muslim hate and discrimination. Their website has a number of different ways to report anti-Muslim incidents. They also offer free counselling.

<https://tellmamauk.org/>

- Phone: 0800 456 1226
- Text: 0115 707 00 07
- Whatsapp: 0734 184 6086
- Email: [info@tellmamauk.org](mailto:info@tellmamauk.org)
- Submit a report: <https://tellmamauk.org/submit-a-report-to-us/>
- Email for info on counselling: [counselling@tellmamauk.org](mailto:counselling@tellmamauk.org)

## Domestic Abuse

*The below resources are Faith-Specific Support for Domestic abuse. For all resources relating to Domestic and other forms of Abuse, see the Abuse document.*

- **Jewish Women's Aid** (helpline/live chat/counselling/legal advice). Support for Jewish women and children affected by domestic abuse & sexual violence.

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

- Phone: 0808 801 0500
  - Monday-Thursday (9:30am-9:30pm) excluding Jewish holidays and bank holidays
- Live chat: <https://www.jwa.org.uk/webchat>
  - Monday & Wednesday (3pm-5pm), Tuesday & Thursday: (10am-12pm)
- Self-refer to counselling: <https://www.jwa.org.uk/counselling-and-group-support>
- Legal advice: <https://www.jwa.org.uk/legal-advice>

- **Muslim Women's Network UK Helpline** (helpline/text/live chat/email/info). Helping Muslim women and girls experiencing inequality, abuse, injustice, discrimination, sexual exploitation and more.

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

- Phone: 0800 999 5786



- Monday-Friday (10am-4pm)
- Text: 07415 206 936
  - Monday-Friday (10am-4pm)
- Email: [info@mwnhelpline.co.uk](mailto:info@mwnhelpline.co.uk)
- Live chat: <https://www.mwnhelpline.co.uk/index.php>
  - Monday-Friday (10am-4pm)