



HEALTH AND WELLBEING RESOURCES FOR THE SIKH COMMUNITY

Sikh Helpline (24/7)

The national organisation supports the Sikh community with issues such as grooming, bullying, substance abuse, domestic abuse, depression, relationships issues or sexual abuse.

Telephone: 03000 3000 63 - 07999 004 363 - info@sikhhelpline.com

Rethink Sahayak Asian Mental Health Helpline

Culturally sensitive listening and information service for the Asian community in Kent and West Sussex in Asian languages (Gujarati, Punjabi, Hindi, and Urdu) or English.

Helpline 0808 800 2073

Sikh Your Mind

Raising awareness of mental health difficulties in the Sikh community and providing resources.

Telephone helpline: 0333 2101021

Sikh Forgiveness

Mental health and wellbeing charity providing services to the Sikh and Punjabi community.

Sikh Recovery Network

Alcohol and drug recovery support.

Telephone helpline: 0333 0064414 - info@sikhrecoverynetwork.org

Sikh Women's Aid – Domestic Abuse

A West-Midlands community-based organisation set up by Sikh women.

Tel: 0333 090 1220 - info@sikhwomensaid.org.uk

Supporting Sikh patients in Primary Care

- Be aware of cultural differences when talking about physical and mental health; people, especially of the older generations, may find it difficult to recognise pointers or express their feelings.
- Some patients may struggle with English or written language. Referring them or working alongside a dedicated Sikh charity may help.
- Do not cut or trim any hair of anyone who appears to have uncut hair, beard and moustache, and also be aware of other religious requirements.

