

# Mental Health Research Report

Executive Summary



*“We suffer in silence...”*

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# Investigating Perceptions and Experiences of Mental Health and Well- being among Muslim Black Women 2025

(Community-led research Project by MBWN)

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This Executive Summary highlights key findings from the Mental Health Report. For a complete list of references, methodology, and results, please refer to the [full report](#), available exclusively to members.

# Table of Content

- Acknowledgements ..... 3**
- Executive Summary ..... 4**
- 1. Introduction ..... 6**
- 2. Literature Review ..... 8**
  - 2.1. Mental Health Inequalities ..... 8
    - 2.1.1. Black and Muslim communities ..... 8
    - 2.1.2. Black and Muslim Women ..... 9
  - 2.2. Faith, Stigma, and Help-Seeking ..... 10
  - 2.3. Women’s Health Impact on Mental Health ..... 11
- 3. Methodology ..... 13**
  - 3.1. Study Design ..... 13
  - 3.2. Survey Development ..... 13
  - 3.3. Participants and Recruitment ..... 14
  - 3.4. Data Collection ..... 14
  - 3.5. Data Analysis ..... 14
  - 3.6. Ethical Considerations ..... 15
  - 3.7. Methodological Strengths and Limitations ..... 15
- 4. Findings ..... 17**
  - 4.1. Background Demographic Information ..... 17
  - 4.2. Self-Rated Mental Health and Emotional Well-being ..... 18
  - 4.3. Comfort Talking about Mental Health ..... 19
  - 4.4. Factors Influencing Mental Health ..... 20
  - 4.5. Women’s Health and Its Impact on Mental Health ..... 21
  - 4.6. Political Climate, Safety, and Mental Health ..... 22
  - 4.7. Mental Health Help-Seeking Behaviour ..... 23
  - 4.8. Impact of Stigma, Culture, and Socio-economic Factors in Seeking Help ..... 24
  - 4.9. How Participants Currently Manage Their Mental Health ..... 25
  - 4.10. What Support Participants Want from the Network ..... 26
- 5. Conclusion ..... 28**
  - 5.1. Recommendations and Future Actions ..... 29
- References ..... 30**

## Acknowledgements

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We would like to begin by expressing our heartfelt gratitude to the Muslim Black women who participated in this research and to the wider members of the Muslim Black Women's Network (MBWN) community. Your openness, honesty, and willingness to share your lived experiences made this work possible. The trust you placed in us, and the courage shown in speaking about deeply personal aspects of mental wellbeing, form the foundation of this report. As a community-led initiative, this research exists because of you and for you.

We also extend our sincere thanks to the independent ethics reviewers for their valuable guidance and oversight throughout the research process. Their input helped ensure that this study was conducted with care, integrity, and respect for participants' safety, dignity, and wellbeing.

Finally, we acknowledge the dedication and commitment of the research team. Their time, collaboration, and thoughtful approach to the design, data collection, analysis, and reporting of this study have been instrumental in bringing this project to completion. Their shared belief in centring lived experience and advancing culturally informed mental health work has shaped the direction and impact of this research.

# Mental Health Research Report

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## Executive Summary

Mental health remains a critical yet often under-discussed issue within the Muslim and Black communities, particularly among women who experience overlapping forms of marginalisation related to race, gender, and faith. The **Muslim Black Women's Network (MBWN)** was established to provide a safe, supportive, and empowering space for Muslim Black women to connect, share experiences, and advocate for their well-being. Central to the Network's ethos is **listening to community voices, centering lived experiences, and fostering culturally sensitive initiatives** that address the unique challenges faced by its members. Conducting research into mental health aligns directly with this mission, enabling the Network to gather evidence, understand community needs, and guide the development of future programmes and initiatives.

This report presents findings from a mixed-methods mental health survey designed to centre the voices and lived experiences of Muslim Black women. The survey combined quantitative rating-scale questions with qualitative open-ended responses to capture both the scale of mental health experiences and the depth of personal insight. A total of 80 participants took part in the survey, which was distributed through the Network and wider community channels. The survey attracted a global pool of participants, with responses from Muslim Black women based in the United Kingdom, across Europe, the United States and Canada, as well as Asia, Africa, and Australia.

## MUSLIM BLACK WOMEN'S NETWORK

Overall, findings indicate that while many participants rated their mental health as average to good, a significant proportion reported discomfort discussing mental health. Comfort levels in talking about mental health varied widely. Many participants expressed discomfort discussing their mental health due to stigma, fear of judgment, and concerns about being perceived as weak or lacking faith. At the same time, qualitative responses highlighted the important role of faith, trusted relationships, and culturally safe spaces in supporting wellbeing.

The findings suggest that mental health challenges are present within the community, but opportunities for open conversation and support are often limited. Participants emphasised the need for safe, women-only spaces, peer support, and access to culturally competent mental health services that recognise the intersection of faith, culture, race, and gender.

This report aims to inform the Network's future work, support advocacy efforts, and provide evidence to guide the development of community-led mental health initiatives. The recommendations focus on strengthening safe spaces, expanding peer-led support, building partnerships with culturally informed professionals, and continuing to centre lived experience in mental health work. By listening to and acting on these voices, the Network can play a vital role in reducing stigma, increasing openness, and improving mental well-being within the community.