



IMPACT

REPORT

2025

INTRODUCTION

Maaria Mahmood, Interim CEO

London is home to 8.8 million people, and over one in five are children and young people. Many are growing up against a backdrop of rising living costs, housing insecurity, concerns about safety, and increasing mental health challenges. For Muslim children and young people in particular, access to support that feels culturally and faith-aware remains limited.

I joined The Reflection Project (TRP) in September 2025 to support the organisation during a period of growth and consolidation. What I encountered was a service deeply rooted in compassion, and community trust, and a team quietly delivering life-changing support to children, young people, and families who are too often overlooked by mainstream provision.

This report captures a year of meaningful progress: expanding access to therapy, strengthening partnerships, contributing to national research and advocacy, and investing in the next generation of Muslim therapists. I am excited to be part of TRP's journey as it continues to grow in both scale and impact, while remaining tied to the communities it serves. We look forward to sharing our journey with you all in the coming years, of building strong communities.

Thank you for your continued love and support, and for showing our vulnerable young people that their wellbeing matters.



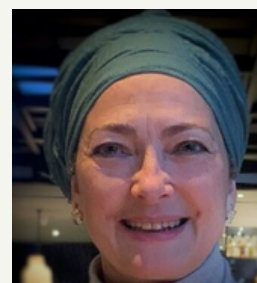
Dr Rachel Abedi, Founder

2025 has been a landmark year for TRP. We have seen significant growth in our funding, our organisation, and—most importantly—the number of children and young people who have been able to access our support. Together, these developments provide a strong foundation for even greater impact in the years ahead.

At the heart of this work is an extraordinary team of therapists, leaders and trustees. Their skill, compassion and commitment have made it possible to offer safe, nurturing therapeutic spaces to so many children and young people. Beyond this, they have walked alongside parents, teachers, and other professionals, helping them to reflect, understand, and work together in ways that ease suffering and open the door to hope and healing for children.

I am profoundly thankful to our donors and grant-givers; your trust has enabled this work to grow and flourish. In our early days, the rationale for a faith-sensitive approach was not always understood; today, there is growing recognition of the particular significance of faith identity for Muslim children and families in the UK, and the need for services which understand this.

This progress is deeply encouraging, and we look forward to building on it, so that more children and young people in need can access effective, life-changing therapeutic support.



OUR STORY SO FAR



OUR PURPOSE

The Reflection Project helps Muslim children and young people access mental healthcare by

- working with community partners to deliver faith- and culturally sensitive therapy
- training therapists to use an appropriately tailored approach.

We specialise in making therapy accessible for children and young people (CYP) from marginalised communities, recognising that mainstream services often fail to meet the unique needs of Muslim CYP due to barriers including stigma, racism, cultural misunderstandings, and socioeconomic disadvantage. Our work is rooted in collaboration with local organisations, schools and families, ensuring that interventions are co-designed, relevant, and delivered in spaces that communities already trust.

Since 2022, we have offered free psychotherapy to over 160 children aged 2–25, alongside workshops, parent support, professional consultation, and a nationwide “Working With Muslims” bulletin. Our therapists are CAMHS-experienced, highly qualified or on accredited child psychotherapy trainings, and of Muslim heritage. This shared identity fosters trust, allowing children and parents to engage with services they may have previously avoided.

OUR VISION

Our vision is for Muslim heritage children and young people to access effective faith and culturally sensitive therapy, within an informed mental health sector

780

FREE PSYCHOTHERAPY SESSIONS
TO 80 CHILDREN
& YOUNG PEOPLE
AGED 2-25
IN 2025

OUR YEAR AT A GLANCE

JAN

- Social Venture Academy Demo Day (Fundors in Good) and entry into portfolio systems phase
- Start of commissioned public health project with young Muslim adults (RBKC)



FEB

“Growing Up Muslim” - A workshop for young people exploring the complexities of identity including faith. Held on a canal boat on the Grand Union Canal, W10.



MAR

- Expansion of our work with Muslim children and young people from RBKC, Westminster and neighbouring boroughs, funded by a member of the community. This project began as a collaboration with Al-Manaar Muslim Cultural Heritage Centre in 2021, as part of the Al-Manaar Counselling Service.
- New project to work with Muslim children and young people in Haringey, funded by a member of the community. Includes collaborations with Better Community Centre, Dalmar Somali community centre and local schools.

APR

Multiple collaborations to increase access to mental health support for Muslim children and young people in Barnet, funded by NCEL CAMHS commissioning (through Compass Wellbeing) and Young Barnet Foundation (Space2Grow 35). These relationships built on the success of our previous projects in Barnet funded by Young Barnet Foundation.

MAY

- TRP's inaugural conference "Nurturing Minds: Child Development and the Muslim Community" (Newnham College, University of Cambridge) (photos) organised jointly with Muslim Researchers Network (Psychology, Mental Health and Islam Research Community), with the support of Muslim Mind Collaborative, Muslim Lived Experience Network and Cambridge iSoc.
- New collaboration with Onwards & Upwards, London Borough of Barnet's Unaccompanied Asylum-Seeking Children and Leaving Care Service. Young people referred could choose to have therapy in their mother tongue, e.g. Farsi, Pashto, Arabic.
- Participated in Barnet Muslim Community Roundtable (Community Safety and Islamophobia), to raise awareness of the impact of anti-Muslim prejudice on young people's mental health.

JUN

New collaboration with High Barnet Islamic Centre and North London Council of Mosques.



SEP

- Maaria Mahmood joins the team as Interim CEO, with the support of Funders In Good. Formerly CEO of Muslim Youth Helpline, Maaria has considerable expertise and experience in the sector, and is leading development of our 5-year strategy.
- Children's workshops led by Saara Akhtar in collaboration with British Muslim Heritage Centre, Manchester, as part of TRP's Children's Book Project. This community publishing project to support Muslim children's emotional wellbeing is funded by iWaqf and a member of the community. Age-appropriate stories which approach aspects of mental health in a faith context are being developed with Muslim children's focus groups. Publication due in 2026.



OCT



- Dr Hina Dadabhoy, Clinical Psychologist, joins the team as Clinical Lead, introducing a multidisciplinary approach to TRP's work with children. Hina has extensive experience and a passion for improving mental health services for Muslims, including the development of training opportunities for aspiring Muslim psychologists/therapists.
- Development of TRP's role as a training placement for Muslim therapists specialising in work with children. Including: an NHS-funded full-time placement with TRP for our first Child & Adolescent Psychotherapist in Doctoral Training (IPCAPA), 2 therapists on MSc clinical trainings for therapeutic work with children, young people and families (Tavistock & Portman NHS Trust) and therapists on pre-clinical MSc courses.
- The opening of TRP's new clinic at Dalgarno Gardens (London W10) in the heart of the community - a collaboration with Trimenco.
- Keynote speech by Maaria Mahmood: "A sound heart, a sound mind: approaches to supporting emotional wellbeing and resilience, rooted in compassion and faith", Association of Muslim Schools Teaching and Learning Festival.

NOV



DEC



- Expansion of TRP's team of therapists, which means that we can now offer support in a variety of therapeutic modalities (psychoanalytic psychotherapy, integrative psychotherapy, clinical psychology, art therapy) and in more languages (Arabic, Darija, Farsi, Pashto, Turkish, Urdu).
- Delivery of assemblies in Muslim schools as part of TRP's collaboration with Muslim Mind Collaborative and Muslim Aid: Value Every Mind: Mental Wellbeing in Muslim Schools

TRP was nominated for the Anna Freud award for outstanding work with children, National Muslim Mental Health Awards. Spoiler alert - we were successful! This was a wonderful way to end the year, and we hope that the recognition will continue to increase awareness of the mental health of Muslim children and young people, and the need for faith-sensitive support.

RESEARCH REPORTS AND ADVOCACY

Supervised research into Muslim youth attitudes to mental health (Sinan Yarmey, Fordham University)

Working With Muslims Bulletin (TRP)

Co-developed Value Every Mind school resource pack

Contributions to national research on faith, care systems and mental health equity

Contribution to written evidence to the Joint Committee on the Draft Mental Health Bill (2025)

Nurturing Minds conference report: *Caring for Every Child* (MMC)

Academic chapter publication by Founder Dr Rachel Abedi (Routledge)

VOICES FROM OUR COMMUNITY

"I used to worry that if I shared my feelings with a religious person, they might judge me... and if I shared with a non-Muslim therapist, they wouldn't understand."

Girl, 13

"Therapy helped me accept both the negative and positive parts of myself."

Boy, 17

"It is truly encouraging to hear that there is ongoing therapeutic support for my child."

Parent

780

Therapy sessions

4

London boroughs

153

Parent work sessions

In 2025 we supported **80** young people aged 3 - 25
from almost **20** ethnicities:

Afghan, Algerian, Egyptian, English, Eritrean, Iranian, Iraqi, Gambian,
Lebanese, Libyan, Moroccan, Polish, Somali, South African, South
American, Spanish, Syrian, Tunisian, Yemeni

279

Hours network
support

3

New referrals a week

230

Hours clinical
supervision



ACKNOWLEDGEMENTS

**Thank you to all who have contributed to our work in countless ways, including:
Al-Manaar Muslim Cultural Heritage Centre, British Muslim Heritage Centre,
Compass Wellbeing, Coram Adoption, Dr Aleema Brister, Dr Kiran Nijabat, Dr
Yasmin Razak, Funders In Good, High Barnet Islamic Centre, IPCAPA, Muslim Lived
Experience Network, Muslim Mind Collaborative, Muslim Researchers Network
(Psychology & Mental Health Group), North London Consortium of Mosques, Royal
Borough of Kensington & Chelsea, Saara Akhtar, Sabah Gilani, Tavistock & Portman
NHS Trust, Trimenco, Young Barnet Foundation
and our private donors who prefer to remain anonymous**

JOIN US

**The Reflection Project exists because communities, professionals, and
supporters believe that every child deserves care that understands who
they are. If you would like to support our work – as a partner, donor,
referrer, or advocate – we would love to hear from you
contact@thereflectionproject.org**

**WE THANK YOU
FOR YOUR CONTINUED SUPPORT IN
OUR PROGRAMS**