



Sikh yourmind



Sikh your Mind is a Sikh charity founded in 2015 to offer professional mental health support to the Sikh and Punjabi community. We have been supporting the community via our telephone helpline, live chat, virtual women's group, student spaces as well as in person workshops.

OUR VALUES

ਦਇਆ

DAYA

Compassion

Offering a non-judgemental approach to help you to care for others/yourself.

ਹਿੰਮਤ

HIMMAT

Strength

Knowledge is power.

ਏਕਤਾ

EKTA

Togetherness

Working together as a community.

ਬਰਾਬਰੀ

BRABARI

Equality

Everyone deserves equal access to support and to be treated with respect.

ਭਰੋਸਾ

BHAROSA

Trust

You can live a meaningful life with mental health difficulties and can recover with the right support.

Our belief in Vaheguru (God) is a foundational part of our work. The founder of Sikhi, Guru Nanak Dev Ji shared teachings including vand ke chakna (sharing with others) and the importance of seva (free selfless service). We welcome people of all faiths, mixed faith and no faith inspired by our Sikh values; "Lord, You are in all" (Sri Guru Granth Sahib Ji, Ang 1134).



0333 210 1021

Call us on our free telephone helpline

Our lines are open every day from 7:00 pm - 9:00 pm



www.sikhyourmind.com

Talk to us on our live chat on our website

Our chat is open every day from 7:00 pm - 9:00 pm

We value donations from the community to ensure this seva continues. All of the money received goes directly into the charity. Please use the QR code below to make a donation.

