

Losing a child

Losing a loved one is a great tragedy, particularly in the case of losing a child. Although we take solace from our faith, it can come as a huge shock to parents, as well as siblings and other family members. We provide support for mothers during this difficult time.

Every bereavement is different and there are therefore many different physical and emotional reactions that people may experience after their loss.

In the immediate aftermath of a loss, and in the following weeks and months, people may experience depression, tiredness and low moods in addition to other common physical symptoms.

They may find confiding in those who they could usually express themselves to more difficult. They may also find that the loss affects other close relationships in their lives. The loss is great and can change their outlook on life. We are here to provide support through this difficult time.

Hope from Allah ﷻ

If the child of a servant of Allah dies,
Allah questions the Angels,
‘Have you taken the life of my servant’s child?’

The Angels reply,
‘Yes.’

Allah then asks them,
‘Have you taken the fruit of his heart?’

The Angels reply,
‘Yes.’

Allah asks,
‘What did my servant say?’

They reply,
‘He praised you and refrained from saying anything unbefitting.’

At that, Allah will reply,
‘Build a home for my servant in Jannah and call it Bayt-ul-Hamd (the Home of Praise).’

﴿ Tirmidhi & Ahmad ﴾

How we can help

You may want to talk to someone and share how you are feeling. Our trained female volunteers can provide a free and confidential environment for this. We offer face-to-face and telephone support in multiple languages.

Our volunteers will provide guidance in accordance with the Qur’an and Ahadeeth on the bereavement process, with advice on prayers and other religious aspects.

We also provide literature supplied by ourselves and our Partners which may be of comfort and help you during this difficult time.

Prophet
Muhammad ﷺ said:

“Your little ones are da’ames (helpers) of Paradise. They will meet their parents and grab them by their garments or their hands to no end other than that Allah will enter them into Paradise.”

﴿ Sahih Muslim ﴾

About us

Founded in 2012, we are a registered charity that offers bereavement support from an Islamic perspective. We can support bereaved mothers who have lost a child at any stage. Our confidential service is provided by trained volunteers.

Donate

If you would like to support our service by making a donation, please visit our website or contact us.



Prophet Muhammad ﷺ said:

“Those who spend in causes seeking the pleasure of Allah remain in His shelter. Angels send blessings on them and pray for increase in their wealth.”

﴿ Muslim ﴾

Contact us

Contact us via our telephone or email service and we will arrange for you to talk to one of our support specialists.

MUSLIM
BEREAVEMENT
Support Service



Call us so we
can arrange support

Muslim Bereavement
Support Service

PO Box 2241
Ilford IG1 9UX



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www.mbss.org.uk



020 3468 7333



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Muslim Bereavement Support Service

*“Surely we belong to Allah
and to Him shall we return.”*

﴿ Qur'an: Surah Al-Baqarah, 2:156 ﴾



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Registered charity no. 1155600

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