

Department of Spiritual and Pastoral Care



Caring for People of Different Faiths

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What do we mean by 'spiritual needs'?

Whatever diagnosis a person might have, their spiritual needs are the same as everyone else's, the need to have their uniqueness recognised, appreciated and valued. This booklet however goes one step further in assisting people who care for others, to recognise the significance of any existing faith practised or maintained by a service user.

If spirituality is the search for meaning and purpose in life, then religion and religious observance may be **one** significant way of exercising that search. An assessment of a person's spiritual needs, which might uncover an existing faith practice could be attempted by considering the following questions:

- 1 Does the person have a belief drawn from a religious tradition?
 - 1a Is this better understood as a philosophy of life drawn from an organisation?
- 2 What beliefs or truths does this tradition hold?
- 3 What is the persons view or interpretation of these beliefs?
- 4 What rituals or expressions of faith would this person wish to practice?
- 5 What artefacts or rituals would bring comfort and/or support?

These questions are not specific to any tradition or philosophy. The answers given may not give clues to the faith the person follows, but where they find themselves within that tradition. For example, it would be wrong to presume that a person will not eat a certain food because that food is identified as not being allowed to certain sections of people within that religion.

The key to understanding here is the uniqueness and individuality of your client. By talking with, and listening to your client, you will learn and this will benefit your care and good practice.

The Spiritual Well-being of Adults with Mental Health Problems

It is the responsibility of Humber Mental Health Teaching NHS Trust to actively promote and develop the spiritual well-being of adults with mental health problems. In this context the word 'spiritual' is defined not as relating to any organised religious expression, but as that which gives value, meaning and purpose to an individual. Those qualities that make each person unique are understood as being 'spiritual'.

Humber Mental Health Teaching NHS Trust should:

- ◆ Ensure that every person is treated with dignity and respect; this includes acknowledgement of any faith they may hold, and of their cultural background.
- ◆ Respect every individual's choice to belong to a faith, or to no faith.
- ◆ Ensure that health care is consistent with each person's particular religious and cultural needs.
- ◆ Ensure that a person's dietary requirements are met and are in line their religious or cultural background.
- ◆ Ensure that individuals are able to observe and develop their own religious and cultural practices whilst in the care of the Trust.
- ◆ Help each person to take an active role, as far as possible, in their own religious/cultural community.
- ◆ Promote an attitude within the service that encourages each person to fulfil their potential as a unique individual and takes account of their personal, religious and cultural background.
- ◆ Ensure staff are trained and equipped to understand and deliver this policy.



BAHA'i

Founded a century and a half ago. The Baha'i Faith is the youngest of the world's religions. It is based on the claim Baha'u'llah to be an advent anticipated in all of the scriptural traditions of humanity's past. The entire human race is being drawn into the recognition of its own oneness and of the earth as a common homeland.

Belief: The Baha'i Faith recognises the unity of God and of His Prophets, condemns all forms of superstition and prejudice, teaches that the fundamental purpose of religion is to promote concord and harmony, that it must go hand in hand with science, and that it constitutes the sole and ultimate basis of a peaceful, ordered and progressive society.

Leadership: The Baha'i Faith has no clergy. Leadership of the community and its administrative order is based on the election of representatives from the body of the believers by secret ballot.

Sacraments: There are no rituals or sacramental mode of worship in the Baha'i Faith. Recitation of a daily obligation prayer is a spiritual law, this is performed by the individual in private and at the time and place of his / her choosing.

Diet: There are no dietary restrictions. Alcohol and addictive drugs are forbidden unless advised and prescribed by a physician.

Death: Baha'is believe that the life of man on earth is only a prelude of his life in the spiritual world in which he will have his being when freed from the body.

Last Offices: There is no ritual or last offices. Under the Baha'i law the body is not to be embalmed. The burial should take place within an hour's travel time from the place of death. The preparation of the body for burial is careful washing and placing in a shroud of white cloth, silk preferably. There is no set time limit for the burial from the time of death.

**Autopsy/
transplant:** There is no hindrance against leaving one's body for scientific research or transplantation, including autopsy. The only condition stipulated is **Burial and not Cremation** should be final manner of disposal.

Funeral: The Baha'i funeral service is simple and flexible. The only obligatory prayer is the Congregational Prayer for the Dead which one believer recites while all present stand. This is not necessary for a child below the age of fifteen. Other readings of selections from the Sacred Writings are left to the individuals arranging the funeral.

Sacred Book: The authentic writing of the Three Central Figures of the Baha'i Faith named the Bab, Baha,u'llah and Abdul'Baha form the sacred magnum opus of the Faith.

Contact: The Department of Spiritual and Pastoral Care
Tel: 01482 389101 or e-mail spirituality@humber.nhs.uk

BAHA’i AND MENTAL HEALTH

In the Baha’i Faith it is made quite clear that when one is ill, one should seek the best available medical advice. No distinction is made between physical or mental illness. It is very hard to be subject to any illness, particularly a mental one. However, we must always remember these illnesses have nothing to do with our spirit or our inner relation to God.

There are two ways of healing sickness - material means and spiritual means. The first is by use of remedies, and second consists of praying to God and in turning to Him. Both means should be used and practised.

A Baha’i Prayer for the Sick

I am but a poor creature, O my Lord; I have clung to the hem of Thy riches. I am sore sick; I have held fast to the cord of Thy healing. Deliver me from the ills that have encircled me, and wash me thoroughly with the waters of Thy graciousness mercy, and attire me with the raiment of wholesomeness, through Thy forgiveness and bounty. Fix then mine eyes upon thee, and rid me of all attachment to aught else except Thyself. Aid me to do what Thou desirest, and to fulfil what Thou pleasest.

Thou art truly the Lord of this life and the next. Thou art, in truth, the Ever-Forgiving, the Most Merciful.

Baha’u’llah



BUDDHISM

Buddhism was brought to the western world from India and Nepal, literally translated it means **The Teachings of Buddha** – Buddha meaning the enlightened one.

The teachings are a collection of natural truths discovered, not invented by the Buddha. It can be described both as a philosophy and a religion. Buddhists would not acknowledge God as Creator because it cannot be known.

Belief: Buddha is revered not as God but as an example of a way of life. No God or Gods, it is a way of enlightenment. Reincarnation for good or evil comes as a consequence of actions. Dhrama – a way to Nirvana (which is enlightenment), is the goal of life.

Leadership: Local community leaders, family usually know who to contact.

Diet: Many are vegetarians, although this should not be assumed.

Washing: Varying customs according to background, it might be helpful to ask the client.

Death: May be distressed by drugs which reduce consciousness because the state of the mind at death is of great importance, they may want to use the 'Mantra' (prayer).

The state of mind is the most important consideration, this influences the character of the rebirth, peace is aimed at. Buddhists would like to have very detailed information about their death to enable them to prepare for it. If at all possible, open honest and frank discussions should take place giving as close a prognosis as possible to the time of death and symptoms which may be experienced. Buddhist believe that dying is a positive transition which should be experienced in a clear state of mind, reduction of some forms of medications may be required.

A monk or priest of the appropriate school of Buddhism should be informed of death as soon as possible, ideally the body should not be moved before the priest arrives. The priest may recite the necessary prayers which could take an hour or so, depending on the school. The prayers do not always have to be said in the presence of the dead person – they could be recited at a distance, in a

nearby temple for example, the family should always be consulted.

- Last Offices:** Usual procedures, following contact with family.
- Autopsy/Transplants:** There are no religious objections to post mortems.
- Funeral:** Cremation is usual, followed by the burial of the ashes. The time between death and the funeral is between 3 and 7 days.
- Special Books:** Sandharma. Pundarra. Suntra and others.
- Special Notes:**
- The Noble Eightfold Path** – Right knowledge, right attitude, right speech, right action, right living, right effort, right mindfulness, right composure.
- Five Restraints** – From taking life, from stealing, from unchastity, from wrong use of speech, from drugs and intoxicants.
- Special Festival:** Wessek, a celebration of the Enlightenment of Buddha, full moon of May fasting is practised at this time and on other festival days, new moon and full moon days.
- Contact:** The Department of Spiritual and Pastoral Care
Tel: 01482 389222
or e-mail spirituality@humber.nhs.uk



CHINESE COMMUNITY

The family is very important and it is the duty of each family member to contribute towards maintaining the stability and well-being of it.

Family roles are well defined:

The father is expected to be the breadwinner.
The mothers is in charge of the home

However, both parents act as disciplinarians and decision-makers. If the family run a business each is expected to contribute towards establishing and running the business on equal terms. Sons are important to continuing the family line and are a sign of both prosperity and luck to the family.

Religious

Traditionally three major forms of religion are practised by people of Chinese origin in Britain:

- Confucianism
- Taoism
- Buddhism

Confucianism

In China this is also known as Juchiaco, the sect of the Jus, a code of moral conduct. Two fundamental principles are:

- Ancestor worship
- Belief that present day life is enhanced by maintaining morals and cultures of history

Confucian theology states that:

- 'Fate' controls worldly events
- 'Divine will' regulates in order of nature

Taoism

The Taoist School seeks to remove mystery from old traditions which the Taoist church aims to preserve as magical and mythology.

Main moral code based on:

5 prohibitions

- killing of living creatures
- alcohol
- hypocrisy
- stealing
- loose living

10 instructions

- be obedient to parents
- be obedient to one's master
- display kindness to every creature
- bear evil that is received
- settle arguments and not harbour hatred
- help the poor by one's own sacrifice
- free captured animals
- plant trees and construct bridges
- be useful to your companions
- recite the Taoist book and burn incense to their glory

Buddhism

[See separate heading and section on Buddhism]

Chinese Festivals

Throughout the year the Chinese family may keep a picture of Tso Kuan (the kitchen god) in their home. On the evening of New Year's day a feast is laid out before the god to make him happy on his journey. His picture is then burnt to symbolically return Tso Kuan to heaven to give account of the family since the previous year.

New Year's Day – big public celebration, children are given red 'lucky bags' containing money, and members of the community perform dragon dances in the streets.

New Moon Day – August/September; celebrated by the eating of special moon cakes.



CHRISTIANITY: THE MAIN BRANCHES

1 ANGLICAN CHURCH (CHURCH OF ENGLAND)

Anglican including branches of Wales, Scotland and Ireland and most countries of the world.

Belief:	Trinity: God the Father, God the Son, God the Holy Spirit. The Divinity of Jesus Christ: God came to earth as man, was crucified, rose from the dead, ascended into heaven.
Leadership:	Various titles – Vicar, Curate, Reverend, but usually all are ordained priests, men and women, also use of lay ministry eg licensed readers and deacons.
Sacraments:	Holy Communion, Baptism, Confirmation and Anointing.
Diet:	Some may not wish to eat meat on Fridays. Some may not wish to eat until after Holy Communion.
Death:	Emergency Baptism may be requested for the dying. The person or family of the dying may request anointing with holy oil. May want prayers of Thanksgiving for the life of the deceased and commending of the person to God's keeping, consult with the family.
Last Offices:	Usual procedure.
Autopsy/ Transplant:	No religious objection.
Funeral:	May be burial or cremation
Sacred Book:	Holy Bible – Old and New Testaments
Special Notes:	Baptism is an outward sign of Christ's Love, there is no age limit. It may be administered in emergency by a lay person (eg nurse). A little water is poured on the forehead while the words

are used "(Christian names) I baptise you in the name of the Father, the Son and the Holy Spirit, Amen".

Contact: We have one Church of England Chaplain in the Trust, refer via the Department of Spiritual and Pastoral Care Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk



CHRISTIANITY

2 ROMAN CATHOLIC CHURCH

Belief: In the Trinity, The Divinity of Christ and the Sacraments. Also accept the Supreme Jurisdiction of the Pope (Bishop of Rome). Also extol the intercessional qualities of Mary, the Mother of Jesus and the Saints.

Leaders: Priests, usually addressed as 'Father'.

Sacraments: Baptism, Holy Communion (Mass), Marriage, Ordination, Anointing with oil (Unction), Confirmation, Reconciliation.

Diet: May not wish to eat meat on Fridays. May not wish to eat before Mass.

Death: Holy Communion, the sacrament of the sick, and anointing will be offered to the dying person by a Roman Catholic priest. Most Roman Catholics will want the priest to be called to a dying person or to someone who has just died. The Last Rites can be administered up to two hours after death.

**Autopsy/
Transplant:** No religious objection.

Funeral: Usually burial. Requiem Mass may be held later.

Sacred Book: Holy Bible.

Contact: We have one Roman Catholic Chaplain in the Trust, refer via the Department of Spiritual and Pastoral Care Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk



CHRISTIANITY

3 FREE CHURCHES

Including Methodist, United reformed, Baptist etc.

Belief:	All believe the same basic creed that Jesus is both human and divine. Believe in the Trinity.
Leadership:	Usually called Ministers – Reverend.
Diet:	No restrictions
Death:	Prayers may be said and appropriate passages of the Bible read either by a minister or relative or friend of the dying person. If possible a minister from the person's own church should be called, but ministry from any Free Church minister could be arranged in an emergency.
Last Offices:	Usual procedures, consult with the family.
Autopsy/ Transplant:	No objections.
Funeral:	May be burial or cremation.
Sacred Book:	Holy Bible
Special Notes:	Often called 'non-conformist' or Protestant as they stress the authority of the Bible rather than tradition.
Methodists	Founded by the Wesleys. Strong hymn-singing tradition.
U.R.C.	United Reformed Church, formally Congregational and Presbyterian.

Church of Scotland	Presbyterian.
Baptists	They reject infant baptism, this is reserved for adults on confession of their faith and is by total immersion.
Pentecostals	They focus on the work of the Holy Spirit, praying and speaking in tongues, prophecy and healing.
Salvation Army	They have no sacraments, i.e. no baptism or Holy Communion. Their emphasis is on social action for the poor. Military structure and titles, e.g. captain.
Quakers	They have no ordained ministry. Mainly silent worship and inner guidance. Reject the sacraments. Emphasis is on social action.
Brethren	No Hierarchy – a different ministry for every member.

Contact:

Via The Department of Spiritual and Pastoral Care
 Tel: 01482 389222
 or e-mail spirituality@humber.nhs.uk

CHRISTIANITY

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4 ORTHODOX – Eastern / Greek & Russian

The Eastern or Orthodox churches are mainly spread throughout the Middle East, Russia and Egypt (Coptic). They are part of the original Christian Church before it split with the Roman Church.

There are Orthodox congregations in most countries of the world including Britain.

Belief: Basic beliefs the same as other Christian churches. Tradition and ritual very important.

Leadership: Bishops and Priests, usually called Father.

Sacraments: As Roman Catholic.

Diet: Lent observance (the 6 weeks up to Easter) taken seriously. May wish to fast on certain days.

Death: May request anointing with oil, consult the family.

Last Offices: Usual procedure.

**Autopsy/
Transplant:** No objections.

Funeral: May be burial or cremation.

Sacred Book: Holy Bible.

Note: Most orthodox churches use the Julian calendar. This means most festivals will be celebrated up to 13 days after churches using a western calendar.

Contact: The Department of Spiritual and Pastoral Care
Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk

CHRISTIANITY AND MENTAL HEALTH

Christians believe that the universe has been created by God who continues to hold it in existence. Therefore all is sacred. Each person is unique and sacred, made in the 'image of God'. This means that each person has the same rights to life, care, shelter, sustenance, education, employment, dignity and respect. People with mental health problems bring a challenge to the concept of spiritual well being, that opposes power, action and knowledge. Through value, acceptance and support many will work hard on their spiritual well being and try to develop their spiritual life. Different churches have different attitudes to a healing ministry, from a belief that God wants to remove symptoms; whilst others will talk of a journey towards wholeness – prayer to the surrender of self to the will of God.

Many mainstream Christian Churches will have a specialist to oversee care and attention in the field of deliverance; whilst there is much talk of spirits and demonic possession within certain branches of the church, most would seek to rule out any worldly explanations, before investigating the supernatural.

Central to Christianity is the belief that God's nature and purpose have been revealed in the life, death and resurrection of Jesus of Nazareth; the Christ. The Bible is the one foundation document of all Christian churches.

There is a variety of mainstream Christian churches, these are featured in the following pages. They each emphasise different point of doctrine and practice. They all hold in common a central belief that God is seen in the trinity of God as Father, Son and Holy Spirit.

There is also a variety of independent churches, mainly of the Pentecostal or Charismatic nature, and also a number of sects such as Mormons, and the Jehovah's witnesses, these are listed separately further on in this book.



HUMANISM

- Belief:** Humanists live their lives without religion. They are of the opinion that human problems can be solved by humans. Many, if not all humanists are atheists.
- Leadership:** None
- Diet:** Many humanists are vegetarians, but cannot generalise.
- Death:** No particular rites. Routine; consult with the family.
- Last Offices:** Usual procedures.
- Autopsy/
Transplant:** No objection.
- Funeral:** This is a main ceremony and seems to be increasing as more people (not necessarily positive atheists) ask for a non-religious funeral. The funeral centres around a full tribute to the life of the person who has died. The BHA produces booklets on all its main ceremonies.
- Historical Documents:** There are books about humanism and writings by well known humanists – these date back to about a hundred years but of course many previous people are regarded as humanists although that label is not one they would have used on themselves – eg Denis Diderot, David Hume, Thomas Paine, Charles Darwin, Thomas Hardy, Albert Einstein. George Orwell, Marie Curie, Charles Bradlaugh MP, and Richard Dawkins.
- Contact:** Via The Department of Spiritual and Pastoral Care
Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk



HINDUISM

Hinduism is one of the oldest of the world's religions extending at least as far back as the Third Millennium BCE. It developed from the religious practices of people who lived near the River Indus which is now in Pakistan. Hinduism continues to be, as it were influenced by the traditions and practices of people from other parts of the world. Languages: Bengali, Punjabi, Hindi, Gujarati.

Belief: 'More of a culture than a creed'. They believe that gods and goddesses are manifestations of one God. The sacred river is the Ganges which is a symbol of life without end. Believes in re-incarnation, transmigration. Caste system. Incarnations of God in people like Rama, Krishna.

Leadership: Priests where there is a local temple. Ask family.

Diet: No beef. Pork, ham, bacon not usually acceptable. May wish to fast. Vegetarian Hindus cannot eat off a plate on which meat has been served, use disposable plates.

Washing: Free-flowing water where possible. A container of water needed for WC and bedpan.

Death: Wherever possible Hindus would prefer to die at home, they may wish to lie on the floor close to the earth. A priest may perform holy rituals involving tying a thread around the person's neck or wrist, sprinkling with holy water from the Ganges or placing a sacred leaf in the person's mouth. It is important to consult the family about how things should be done, the body should not be washed without consulting the family. The family may be particularly distressed by a death in hospital, older women may mourn by wailing and weeping to show grief. After death families may not want the body to be touched by non-Hindus. The body is usually washed by the family with water mixed with Ganges water. Traditionally the

eldest son of the deceased should take a leading part in this, however young he may be. After death the body should not be left uncovered and jewellery and sacred threads should not be removed.

Last Offices: Do not remove threads during this procedure. Do not wash the body, this is part of the funeral rites, usually washed with water from the Ganges.

**Autopsy/
Transplants:** Post mortems are often seen as disrespectful and should only be performed if legally required. If one is unavoidable, Hindus will be anxious that all organs are returned to the body before cremation to safeguard peace in the afterlife. Hindus are cremated as soon as possible after death.

Sacred Books: Bhagaved Gita, Vedas Upanishads, The Song of the Lord.

Special Notes: The red mark on an Indian woman's forehead usually signifies she is Hindu. The corpse is placed in North-south magnetic field. Hygiene rules are of great importance, eg ritual mouth washes, ritual bathing, ritual anal cleansing. Astrology plays a significant role, therefore they may be reluctant regarding surgery on certain days. Hindu women prefer to be treated by a female doctor, modesty is important.

Names: Usually 3 for Men, 2 for women. Use the family surname for records.

Contact: Through family members or via the Department of Spiritual and Pastoral Care for more specific information. The Department of Spiritual and Pastoral Care
Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk

HINDUISM AND MENTAL HEALTH

All living things in this finite world are God's eternal fragmented parts. Due to this conditional life, they are struggling hard with six imperfect senses; including the mind. Each human soul holds a divine spark. The role of the mind is to provide the necessary control over the body. The mind is exercised regularly so that it might continue its important work.

The Hindu concept of mental health means achieving a correct balance in all aspects of life. Mental ill health therefore comes about when this balance is not achieved. Good deeds, good thoughts and a correct diet are deemed as being valuable in restoring this balance.

The Hindu philosophy is highly complex but basically rests on the principle of Brahman – The Only One God who is eternal, indefinable, uncreated, limitless and an all embracing Reality. Hindus recognise other 'gods and goddesses' as different symbols or aspects of Brahman – The Ultimate Reality. They worship a particular symbol of One real God depending on their needs.

A fundamental belief in Hinduism is divine incarnation which means that God is born on this earth time and again whenever there is need for it. The incarnation of Rama, Krishna, Buddha and Nanak may be quoted as proof from the religious history of India. Hindus derive inspiration and spiritual strength from their actions and life styles.

According to Hinduism the main purpose of human life is to make a conscious realisation of the Eternal and Omnipresent God, through serving fellow human beings and His other creatures. Hindus believe that God is manifest in all creatures, hence they should be loved and cared for. If a person fails to realise God in this life, he will be born again and this process will continue until God is realised. The next incarnation is always dependent on how the previous life was lived. If one behaves badly in this life then his/her next incarnation is very likely to be more unpleasant than the current one.

When Hindus are ill, various religious observances including fasting may be practised. It is worth noting that for some fasting (vrat), this may include not speaking as well as abstaining from food and drink.

ISLAM



Islam (Muslims literal meaning 'one who submits to the will of Allah').
Mohammed 570 AD

Belief: Islam is an Arabic word, it literally means "Peace". A person who unconditionally and consciously surrenders her/his will to God is called a Muslim. The holy book of the Muslims is Al-Qu'ran, normally read in Arabic. This Book explains the way that God wants mankind to conduct itself. The teachings, sayings and actions of prophet Mohammad elaborate on and interpret the Al-Qu'ran. They are treated with great reverence.

Islam teaches that God is absolute owner of everything and man is His trustee. This world is a place of test and trial for him. Following death each and every soul will be judged according to the amount of evil or good that has been performed. Each person will then be rewarded or punished according to his performance on this earth.

The "pillars" of Islam form the framework upon which the Muslim bases his belief and therefore his life. They are:

1. An unconditional belief in the One Divine Creator and Sustainer, in His Power and Presence as well as absolute belief that the Prophet Mohammad is the Messenger and Servant of God.
2. The need to pray to God alone not less than three times a day.
3. To fast during one whole month in each year – known as *Ramadan*.

4. To be generous in helping the poor and needy in every possible manner including a ritual charity known as *Zakaat* from one's yearly savings.
5. To accomplish the pilgrimage to Mecca as soon as one has the means and ability to do so.

Leadership: Imam

Diet: Halal is the lawful food, no alcohol. Ramadan is a month when no food or drink is taken during the hours of daylight. No pork, bacon, ham. No food fried in lard, no food with lard as an ingredient. Fish is allowed.

Birth: A male Muslim child is required to be circumcised as soon as possible.

Death: Relatives of the dying person or any Muslim should be called to whisper in their ear the articles of faith, so that these are the last words he or she should hear. They may wish to lie facing Mecca with the foot of the bed towards Mecca.

The body should **not** be touched by non-Muslims after death.

It is important to consult the family if possible in advance of death about how they would like things done. If the body has to be handled after death then gloves should be worn. The body should be always covered and a light should be left on where the body is placed until it is time for burial.

Last Offices: The last offices should be carried out by Muslims of the same sex as the deceased.

**Autopsy/
Transplants:** Post mortems are not normally allowed, the body is considered to belong to God. If a post mortem is legally necessary the family may be very distressed.

Funeral: The body must be buried within 24 hours, the grave must face Mecca and so must the feet of the dead person.

Sacred Book: Koran (Qu'ran), The Divine Revelation for Almighty Allah to Mohammed.

Special Notes: Mecca (Makkah) religious centre and a place of pilgrimage.

Five duties of Muslims:

Faith Declaration of faith Shahadah

Prayers The mandatory daily prayers. NB there is a special duty of performing ablution before prayers.

Fasting During Ramadan – one month abstaining from food and drink from just before dawn to sunset (9th month of the Islamic calendar).

Giving Alms Zakaat

Pilgrimage Pilgrimage to Mecca once in a lifetime. Confession of faith 'I bear witness that there is no God but God. I bear witness that Mohammed is the Apostle of God', these are the last words the dying should speak or hear.

Muslims are shocked by nakedness, due consideration should be given to this important factor. They may also be offended if touched by a member of the opposite sex. The Muslim Holy Day is Friday.

Contact: Via The Department of Spiritual and Pastoral Care
Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk

ISLAM AND MENTAL HEALTH

Islam emphasises the idea of balance and harmony within the self that is directed by the soul. The soul is touch with Allah. Muslims believe that the self is not separated from the body. To maintain a healthy balance the Muslim attends certain practices, both prescribed and optional.

The balanced self is connected to the spiritual and is in control of the mind, *aql*, and the drives, *nafs*, and is thereby in a constant state of consciousness of God. Everything within the self is directed by this consciousness, the *nafs* are directed to good ends and the mind operates in a pure way. An imbalance within the self would mean that it is being driven by emotion or *nafs* and there would likely be a destructive outcome. Thus, if a person were suffering from some sort of mental illness, their *nafs* would be seen as being out of balance.

An imbalance may be treated at different levels. Firstly a devout Muslim would wish to re-establish the connection between self and God, to clear away the clouds that have settled over the heart by strengthening the connection with the spiritual. This can be achieved by recitation of the Holy Qu'ran, optional fasting or by an act of devotion, such as *Hajj* (pilgrimage to Makkah).

Secondly, a Muslim would take a more direct approach and focus on correcting the imbalances in the *nafs*, for example by diet, cognitive therapy, physical exercise, dream analysis, taking herbal medicines or modern medical drugs. Fasting is an important practice. The act of fasting quietens the *nafs*

so that there is less noise from forces within the self and one is more likely to experience the 'taste of the spirit'.

Thirdly, a Muslim may visit a spiritual healer (*hakim*), who will focus on the inner self. Traditional herbal specialists deal with *nafs*, psychological states and senses.

If someone is suffering from a psychotic condition (eg schizophrenia, severe depression) it is likely that the Imam (religious leader) would be consulted to make a diagnosis. Psychoses can be regarded as primarily physical in cause even though they have effects on the *nafs*.

Nevertheless, mental illness does carry a great amount of social stigma and tends to be hidden within the family. Many Muslim families, particularly from the Indian sub-continent, feel for example, that public knowledge of such illness will hinder their children's prospects of marrying into reputable families. Many people with mental illness are therefore isolated and lonely, lose their respected position in the family and do not receive the care that they need. Their carers too, tend to be isolated and overstretched.



JEHOVAH'S WITNESSES

Jehovah's witnesses, Charles Taze Russell. 19th Century.

Belief: Believe that the world is near its end for all except their own followers who would be members of the Messianic Kingdom. They are pacifists, salvation depends on service.

Diet: Dietary prohibition against blood and consumption of animals that have been strangled; some may prefer Halal or Kosher meals.

Death: A dying person may request a visit from an elder of the Church. There are no special rituals or procedures before or after death but they will want reassurance that blood will not be used against their wishes. Burial and cremations are both permitted and there are no religious objections to post mortems.

Last Offices: Routine, consult with family.

**Autopsy/
Transplants:** They are unlikely to be willing donors of major organs. They do not allow blood transfusions.

Funeral: Cremation or burial.

Sacred Book: Bible.

Special Notes: Emphasis on morality and commitment to the cause. 'Active service' rather than emphasis on door to door evangelism. Festivals are not recognised, Birthdays and Christmas are **not celebrated**, patients may choose to opt out of ward festivities.

Elders, appointed by National organisation, to offer pastoral support to congregations. Meetings are taped, the tapes are available for people in hospital, as are copies of Watch Tower.

For visits for a patient or further information refer via
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Tel: 01482 389222 or e-mail spirituality@humber.nhs.uk

JUDAISM



Judaism is one of the three major monotheistic religions. The other two are Islam and Christianity. All three claim the Prophet Abraham as their ancestor, identified as the first human who came to the realisation that the creation of the Universe had an intelligent originator and who had a personal relationship with the Creator, God.

The religion of the Jews is based upon the Holy Scriptures comprising the Torah and the Talmud. The Torah contains the Pentateuch, the five books of Law revealed to Moses, the Neviim, histories of the prophets and the Ketuubiin containing 11 books of scriptures. The Talmud contains the original oral Commandments given to Moses.

Belief: The essential belief is that there is one Spiritual God who cannot be represented in any shape or form. The Law in the Old Testament, Torah. They are waiting for the Messiah. Do not believe in Jesus as Messiah (Christ). Circumcision is practised. Belief in life after death. Stress is put on the importance of leading a good life here on earth.

Leadership: Rabbi. There are important differences between the orthodox and the Liberal traditions.

Birth: Males are circumcised on the 8th day after birth.

Diet: Kosher food. Usually they will not eat meat and milk at the same meal. Care should be taken to prepare these foods separately. No meat from animals with cloven hooves is allowed, eg pigs. No shellfish is allowed. Hands are washed before eating, use disposable plates.

Death: When Jewish person is dying it is not permitted in Jewish law to move or touch them in any manner as this may hasten death. Judaism does not have a special ceremony of 'last rites' but the dying person may wish to recite the 'Shema' and may appreciate being able to hold the page on which it is written. They may also wish to recite the 'vidui' (confession). Many will want to see a Rabbi. According to Jewish Law a dying person should never be left alone.

Burial usually takes place within 24 hours of death, this should only be delayed for the Sabbath. Cremation is not permitted in Jewish Law. Delay for any reason will cause great distress. If death occurs after commencement of the Sabbath, strictly speaking the body should not be removed until after Sabbath is concluded. As soon as death occurs the family should be contacted and asked to contact a Jewish undertaker.

Last Offices: Should not be touched by non-Jews. Always same sex as deceased to lay out body.

**Autopsy/
Transplant:** Post mortem examinations are not permitted in Jewish Law except in cases of emergency or when the law of the land demands an autopsy. If the coroner is involved he should be informed that the dead person is Jewish and asked if the autopsy can be arranged for later that day or early next morning so that death certificate can be issued for burial with 24 hours.

Funeral: Usually buried within 24 hours.

Sacred Books: Hebrew Scriptures. (Old Testament in the Christian Bible) and the Talmud.

Special Notes: Sabbath observations: sundown Friday until Saturday evening. Shema 'Hear O Israel, the Lord our God is One Lord....'. No prayers for dead, but Kaddish – prayers of praise to God recited in their memory, usually said by son. Festival which may affect a Jewish patient in hospital are Passover – March/April when unleavened bread is eaten; day of Atonement September/October, a day of fasting. Some Jewish women will wish to dress modestly at all times with no bare arms. It is considered

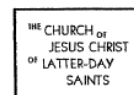
immodest for men to touch women other than their wives
NB this has nursing implications.

Contact:

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JUDAISM AND MENTAL HEALTH

The Jewish Sabbath commences at sunset on Friday and ends after sunset on a Saturday. It is a day of rest and Orthodox Jews will not do anything on that day. They don't travel, work, write anything or even switch on electrical appliances. The emphasis of family is important to them, and that concern should be shared in the family. Jewish Religion, Culture and Tradition are inextricably linked. After many centuries of dispersal from their land of origin, Israel, Jews have adopted many food habits, dress and models of behaviour from their host countries. The teachings of their religion do stress that to avoid deterioration in health, certain laxity may be allowed with regard to religious observances around diet etc.



MORMON CHURCH

The church of Jesus Christ of the latter-day saints. Commonly referred to as Mormons. The founder was Joseph Smith in the USA in 1830. Headquarters in Salt Lake City, Utah.

Belief: Faith in the Father, in Jesus Christ his Son and the Holy Ghost as three separate and individual personalities, the Godhead. They believe man is eternal, and individual of spiritual substance, he lived before coming to earth.

Leadership: Bishops (local leaders) unpaid.

Diet: A strict health code is observed known as the 'word of Wisdom', tea, coffee, alcohol and tobacco are not taken, some avoid hot drinks.

Death: no rituals are associated with death, it is regarded only as a temporary sadness because of the knowledge that the family will eventually be reunited.

The sacred undergarments, if worn, must not be removed from the body and must be kept from public display and treated with respect.

Last Offices: Usual procedures, sacred garments should be left in place. Ask family about any special requirements.

**Autopsy/
Transplants:** There are no religious objections to post mortems.

Funeral: Burial preferred.

Sacred Books: The Holy Bible (King James version), the Book of Mormon, The Doctrine and Covenants and The Pearl of Great Price.

Special Notes: Observe the Law of Tithing. Young men and women encouraged to do 18 months to 2 year missionary work from the age of 19, usually by themselves. Mormons who have undergone temple ordinances wear sacred garment, worn at all times in life and death. Polygamy not practised since 1890.

NB Mormons do not baptise children under the age of eight.

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RASTAFARIANISM

Founded in Jamaica 1920, linked to early Christianity and Judaism. A number of different sects would follow different principles, the following may be applied in general.

Belief: Prefer 'Principle' rather than 'beliefs'. Haile Selassie of Ethiopia seen as a personally-revealed Christ. Reggae music used in worship. Obedience to Jah's (God's) pre-flood commandments to man. Recreation of Eden through righteous living. Ethiopia regarded as New Jerusalem and spiritual homeland, many different community groups.

Diet: May choose not to eat meat, pork forbidden, fish with scales acceptable. Many will not eat grapes, currants and raisins.

Death: Body may be prepared for burial by family members. Attendance at funeral; not emphasised (celebration of life rather than death).

Last offices:	Routine, consult with family.
Autopsy/ Transplants:	They do not allow blood transfusions.
Contraception:	May be rejected.
Sacred Books:	Bible with Apocrypha, Ethiopian history.
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SIKHISM



The word Sikh literally means 'discipline', and 'the follower of Sikh Gurus'.

Belief: Sikhism is a monotheistic religion with a belief in only one God. It emphasises social and sexual equality and stresses the importance of doing good deed as compared to performing mere rituals.

The Sikh religion was founded in 18th century CE by Guru Nanak in Punjab that is now divided between India and Pakistan. The religion is based on the teaching of Guru Nanak and the other 9 Sikh Gurus who followed him. Sikhism is Britain's fourth most popular religion with about half a million followers. The number of Sikhs all over the world is estimated at 20 million.

Leaders: No priest, only community leaders.

Names: Male Singh, Female – Kaur. Personal (family) names, eg Davinder Kaur Bhuller.

Diet: No beef in any form, some may not eat pork. No alcohol, no tobacco.

Washing: As with most patients of Asian background – free flowing water is preferred.

Death: Death may be regarded as a step in life and not necessarily an occasion for mourning. A devout Sikh may wish to recite hymns from the Guru Granth Sahib or hear members of the family do so.

Many Sikh families may wish to wash and lay out the body themselves. The five symbols of Sikhism* should not be removed, hair and beard should be left uncut and the turban should be left on. The body should be straightened with the Kaccha on and wrapped in a plain white sheet. Sikhs will usually be cremated within 24 hours of death.

*The five symbols of brotherhood worn by most Sikh men are:

Kesh: uncut hair and beard – men keep their hair under a turban.

Kanga: a small comb worn in the hair at all times.

Kara: steel bangle worn on the right wrist.

Kirpan: a short sword or dagger.

Kaccha: special type of knee length underwear.

Last Offices: Normal procedures. Hair and beard to be left uncut, do not remove religious symbols.

**Autopsy/
Transplants:** Sikhs do not like the idea of a post mortem, but will accept it if it is legally unavoidable.

Funeral: The stillborn are buried, neonate are buried, otherwise cremation with 24 hours.

Sacred Books: Guru Granth, Sahab, wrapped in costly cloth.

Temple: Gurdwara.

Special Notes: The Sikh believes that a human being is a combination of body and soul. One not only has to remain under physical discipline, but has to follow certain moral laws as well. Thus human being has to perform three fold duties; duties for oneself; duties in relation to society and duties

in relation to the Creator. People who understand their duties in relation to self and society are virtuous people.

The major Sikh beliefs include to live honestly; treat everyone equally; be generous to the less fortunate people; work hard and serve others; to rise early and perform prayers; to abstain from tobacco, drugs and alcohol. 'Daswandh' is the voluntary offering of tithe, one tenth of the devotee's income that is given for the corporate needs of the community in particular and society in general in presence of Guru Granth Sahib –the holy scripture.

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TRAVELLERS



Belief: Christian – mostly Roman Catholic

Diet: No special requirements, although particular Holy Days are days of fasting and abstinence.

Death: Follow traditions of Catholic or Christian faith.

Last Offices: Usual procedures.

**Autopsy/
Transplants:** Permissible, no objection to transplants.

Funeral: Requiem Mass if Catholic.

Sacred Books: Bible

Special Notes: Travellers are mostly Catholic and follow the teaching of the Catholic Church.

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