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Who Cares About the Crisis of Masculinity Among Young British Muslim Men? An Exploration of Interventions which Provide Hope and Healing

This paper explores the emerging crisis of British Muslim masculinity among young men and examines how intersecting pressures - structural racism, Islamophobia, economic precarity, and conflicting cultural-religious expectations - contribute to identity fragmentation, mental health struggles, and social disengagement. It evaluates how normative models of masculinity, often reinforced within both mainstream British society and some traditional Muslim community spaces, leave little room for vulnerability, emotional expression, or holistic personal development.

In response, grassroots initiatives are emerging to reimagine Muslim masculinities through care-centred, ethically grounded approaches. Using a number of cases studies that include voluntary initiatives and commercial coaching platforms, the paper analyses how these projects navigate tensions between religious tradition and modern subjectivity, offering spaces where young men can reconcile faith, identity, and wellbeing without compromising either spiritual integrity or psychological health.

Through semi-structured interviews with participants and practitioners, this paper assesses the efficacy of such interventions in fostering resilience, emotional literacy, and community belonging. Situated within the broader themes of the conference, the paper argues that community-rooted, practitioner-led models represent vital, under-researched, responses to the care deficit facing young Muslim men. It concludes by reflecting on the potential for scaling such initiatives while maintaining their ethical specificity and by calling for greater collaboration between faith-based practitioners, mental health professionals and Muslim institutions to co-develop sustainable models of care in the U.K. context.



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Dr Sadek Hamid specialises in the study of British Muslims and has held teaching and research positions at the Universities of Chester, Liverpool Hope, Oxford University Centre for Islamic Studies, University of Wales, Trinity St. David and is currently a Visiting Scholar at the University of Edinburgh. His work explores the various aspects of lived Islam in Britain and has written and edited numerous books on the subject including *Sufis, Salafis and Islamists: The Contested Ground of British Islamic Activism*, *British Muslims: New Directions in Islamic Thought, Creativity and Activism* and most recently *Cultural Production: Identity, Belonging and Social Change*.