

Religion, Therapy & Support Groups Inside

INSIDE KNOWLEDGE | FREE SUPPORT RESOURCE | LOU MYX

Inside prison, support can come from unexpected places. Whether it's a chaplain, a trauma therapist, or just a quiet room where people actually listen—these are lifelines. This sheet helps you find the right kind of support for you, whatever your beliefs or needs.

What's Usually Available

Chaplains – Christian, Muslim, and multi-faith reps who offer pastoral care, not just religion.

Faith services – time out of your cell for quiet, reflection, and sometimes singing or prayer.

Therapy – access depends on the prison, but you can request mental health support or counselling.

Peer-led groups – recovery, grief, parenting, life skills. Sometimes the most helpful ones are run by other women.

Listeners – trained prisoners available 24/7 for confidential emotional support.

How to Reach Out

Put in an app (application form) asking to see the chaplain or therapist.

Speak to an officer and ask to be referred to a Listener or support group.

Attend a faith service, even just once. You'll meet people who care.

Don't worry about labels—use whatever path gives you peace or perspective.

Keep asking if you don't get a response. Sometimes persistence is your superpower.

Reflection Prompts

- What kind of support feels safe to me right now—spiritual, emotional, or social?
- Who (or what) helps me feel less alone, even if I don't fully understand why?
- What kind of guidance or strength would I like to feel more connected to?
- If I could speak honestly without fear of judgment, what would I say?
- What helps me stay grounded when everything else feels uncertain?

Personal experience and general support only. Prison rules, entitlements, procedures and available services vary and may change. Check current arrangements with the relevant prison or official guidance before relying on practical details.