

Mental Health Resources Middle Eastern and North African Students

In addition to the services provided through ASU Counseling Services, we also recommend the following:

Coping and Self-Care Resources

[Institute for Muslim Mental Health, Blog](#)

[Sound Vision](#)

[Muslim American Society, Blog](#)

[Coffee with Karim, Podcast](#)

[Mental Health with Sani, Podcast](#)

[Khalil Center, Blog](#)

[The Sky is Ours, Self-Care for Black Muslims](#)

[Coping with Community Trauma](#)

[Muslim Girl, Self-Care Blog](#)

[Queer & Muslim: Nothing to Reconcile, TED Talk](#)

[The Family and Youth Institute](#)

[Sujood](#)

Mental Health Podcasts in Arabic

[Asrar El Nafs](#)

[mishbilshibshib](#)

[Wijdan](#)

[Sukoon](#)

[Mental Health First Playlist](#)

Referral and Educational Resources

[ASU Counseling Services \(for students\)](#)

[ASU Employee Assistance Program \(for ASU employees\)](#)

[Success-building Mini Workshops](#)

[ASU Psychology Student Works to Destigmatize Mental Health for Arab Americans](#)

[SADIK: The MENA Students Union](#)

[Directory of Muslim Therapists](#)

[Mental Health 4 Muslims](#)

[Therapy for Muslims](#)

[Muslim Association for Psychological Services](#)

[International Association of Islamic Psychology](#)

[Peaceful Families Project](#)

[Mental Health 101: An Islamically Integrated Perspective](#)

[Muslim Wellness Foundation](#)

[Muslims for Progressive Values](#)

Text and Phone Supports

[ASU Counseling Services Open Call and Open Chat](#)

ASU's Dedicated Crisis Line
480-921-1006

National Suicide Prevention Lifeline
1-800-273-8255

Trevor Project Lifeline
1-866-488-7386 or text START to 678-678