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
- Wiidan
- 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