**Helpful Mental Health Resources for Supporting Muslim Clients/Communities**

**Websites:**

**Institute for Muslim Mental Health**

<https://muslimmentalhealth.com/>

* Discuses specific issues/barriers that impact the Muslim community
* Education/ Resources

**The Family and Youth Institute**

<https://www.thefyi.org/>

* Toolkits
* Research on Positive Youth Development, Healthy Marriages, Effective Parenting and Mental Health and Well-Being

**Institute for Social Justice and Understanding**

<https://www.ispu.org/mental-health/>

* Toolkits
* Resources for Advocates
* Addressing bias and stigma

**Podcasts:**

**The Mindful Muslim Podcast**

<https://www.stitcher.com/podcast/talat-baig/the-mindful-muslim-podcast>

* Barriers to Mental Health
* Conversations on mental health, psychology, Islam and spirituality