



A BEAUTIFUL PATIENCE (SABR), MENTAL HEALTH IN ISLAM

Islam values the importance of good mental health and emotional wellbeing. The Qur'an can be used as a guide to those suffering from emotional distress and aims to lead people to a meaningful quality of life.

'There is no disease that Allah has created, except that He also has created its treatment' (Hadith).

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

يُبَيِّنِي أَذْهَبُوا فَتَحَسَّبُوا مِنْ يُوسُفَ وَأَخِيهِ وَلَا تَأْتِ سَوَاءٌ
مِن رَّوْحِ اللَّهِ إِنَّهُ لَا يَأْتِ سِمْ مِنْ رَّوْحِ اللَّهِ إِلَّا الْقَوْمُ
الْكَافِرُونَ ٨٧

Ya-baniyya ithhaboo fatahassasoo min yoosufa
waakheehi wala tayasoo min rawhi Allahi
innahu layayasu min rawhi Allahi illa alqawmu
alkafiroon

“And do not lose hope in the mercy of Allah, for
no one loses hope in Allah’s mercy except those
with no faith.” Surah Yusuf (12:87)

فَإِنَّ مَعَ الْعُسْرِ يُسْرًا ه

Fainna maAAa alAAusri yusra

“So, surely with hardship comes ease.”
Surah Ash-Sharh (94:5)

Muslim Resources:

- The Institute for Muslim Mental Health
muslimmentalhealth.com
- Naseeha - Helpline 1 (866) 627-3342
naseeha.org
- Islamic Social Services Association USA
issausa.org
- American Muslim Health Professionals
amhp.us

Ohio Suicide Prevention Foundation



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