

INSPIRING MUSLIM MINDS PRESENTS ...



# DEPRESSION AND MENTAL HEALTH



**Muslim Medical Association of Canada**



UNIVERSITY OF  
**TORONTO**

Institute for Global Health Equity & Innovation



**muslimstudents'**  
**ASSOCIATION**  
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# ACKNOWLEDGEMENTS

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Institute of Health Policy, Management and Evaluation  
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## Before we start ...

# test your KNOWLEDGE



Depression is the same as sadness

**True**

**False**

Depression can be genetic

**True**

**False**

Depression is due to a lack of faith

**True**

**False**

Medication is the only treatment for depression

**True**

**False**

## Ask yourself ...

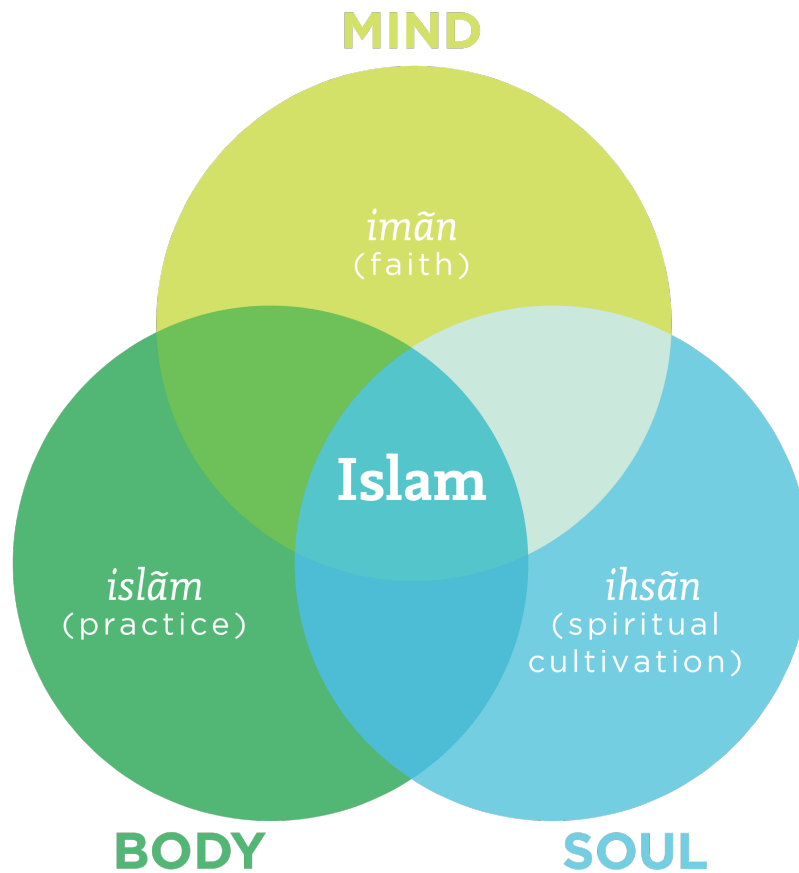
What causes depression?

- ◆ Biologically:
- ◆ Socially:
- ◆ Psychologically:

What are some signs and symptoms of depression?

- ◆ Physically:
- ◆ Emotionally:
- ◆ Spiritually:

## Components of Wellness in Islam



### **What is Mental Health?**

A state of well-being in which every individual:

- realizes his or her own potential
- can cope with the normal stresses of life
- can work productively and fruitfully
- is able to make a contribution to her or his community

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*'A Muslim is never afflicted with pain, illness, anxiety, sadness, sorrow—even being pricked by a thorn—except that Allah expiates sins by it'. [Bukhārī & Muslim]*

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## What is Depression?

The main symptom of depression is a sad, despairing mood that:

- is present most days and lasts most of the day
- lasts for more than two weeks
- impairs the person's performance at work, at school, or in social relationships

### --- What Causes Depression? ---

#### Biological Factors:

- Genetics
- Thyroid Disease
- Anemia (low hemoglobin)
- B12 deficiency
- Chronic Pain
- Hormones (menstrual cycle)
- Stroke, Cancer, Heart Attack
- Other chronic medical illness
- Certain medications

#### Social Factors:

- History of childhood abuse (including neglect, physical, emotional or sexual abuse)
- Exposure to abuse of others
- Domestic Violence
- Bullying
- Social Isolation
- Major stressful life events or changes
- Financial Stress

#### Psychological Factors:

- Low self-esteem
- Poor coping skills
- Conflict - personal or disputes
- Isolation secondary to discrimination, racism
- History of other mental health conditions

--- And many other factors ---

*// When to seek professional help //*

**NOTE: Many of these symptoms must occur for at least a two-week period where it impacts one's ability to function to meet the diagnosis of depression**

- Depressed mood
- Loss of interest in hobbies and activities
- Significant weight loss or gain
- Insomnia or excessive sleeping
- Feeling fatigued
- Feeling worthless
- Difficulty concentrating or making decisions
- Thoughts of suicide or suicide attempts *\*seek medical attention\**

### Take Home Points

- Asking someone about depression will not increase their symptoms!
- Depression is NOT due to lack of faith: biological, social, psychological
- Use a multimodal approach to treat depression
  - talk to a local Imam who is knowledgeable about mental health
  - make du'a
  - read Qur'an
  - see your physician

### Where to get help?

- If you're in immediate danger, call 911

Visit your family doctor (GP) to refer to:

- GP Psychotherapist

- Psychiatrist
- Psychologist /Social Workers/Counsellors

UofT Health and Wellness Centre

<https://www.studentlife.utoronto.ca/hwc/services-offered>

Muslim Chaplaincy of University of Toronto – Student Drop in

<http://mcoft.com/counselling/>

Naseeha Muslim Youth Helpline

<http://naseeha.org/> 1-866-627-3342

Muslim Medical Association of Canada

<http://www.muslimmeds.ca/>

Center for Addiction and Mental Health (CAMH)

[http://www.camh.ca/en/hospital/about\\_camh/newsroom/understanding/Pages/depression.aspx](http://www.camh.ca/en/hospital/about_camh/newsroom/understanding/Pages/depression.aspx)

Mood and Anxiety Disorders of Ontario

<https://www.mooddorders.ca/>