



MUSLIM MEDICAL ASSOCIATION OF CANADA
WWW.MUSLIMMENTALHEALTH.CA
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MUSLIM MENTAL HEALTH RESOURCES

UPDATED: MAY 2020

COVID Resources:

- 1) GTA Resources document: [GTA specific Mental Health Comprehensive Resource](#) list by Vivian Ngai
- 2) Health Care worker resources: [COVID19THERAPISTS.COM](#)
- 3) **COVID Practical Mental Health Tips: [Mental Health Tips During a Pandemic](#)** (resources PDF) by Dr.Rosenblat (UHN Psychiatrist)
- 4) **The [Ottawa Institute of Cognitive-Behavioural Therapy](#) is producing a series of podcast interviews on coping during COVID-19. Available on Spotify, Apple Podcasts: <https://www.buzzsprout.com/811163>**
Topics and Speakers include: Managing Substance Use, PTSD, Anxiety, OCD, Couples Conflict, and Parenting tips for Children and Adolescents.
- 5) Positive Psychology Resource for COVID: [101 Strengths-Based Actions to Connect from a safe distance](#) by Dr.Tayyab Rashid (UTSC Psychologist)
- 6) **Mental Health Online Course “Mind Control: Managing Your Mental Health During Covid-19” – [Free Mental Health course through Coursera](#) by U of T Psychologist:**
- 7) Anxious Times COVID Support: A [Drop-in Online Support Group](#) - a free therapist-led online drop-in group, at 2pm each Thursday in April.
- 8) Exercise and Wellness Free resources:
 - [Blink Fitness](#) - Hosting Facebook Live sessions weekdays at 8:00 a.m. ET
 - [Orange Theory](#) - Sharing a new 30-minute workout video.
 - [Planet Fitness](#) - “Work-Ins” at 7:00 p.m. ET every day on Facebook.
 - [Retro Fitness](#) - Daily Facebook live streams at 6:00 p.m. ET
 - [YMCA 360](#) – On demand exercise and youth programs daily.

Muslim Mental Health Resources

- 1) MMAC [Muslim Mental Health Website](#) (including Muslim mental health professionals contact information and spiritually adapted educational resources)
www.muslimmentalhealth.ca
- 2) Muslim Staff Physicians and Resident Resources: MMAC Physicians Supporting Physicians Weekly Group (contact: cmmhc@muslimmeds.ca).
- 3) [Khalil Center](#) (spiritually integrated interventions and counselling)
- 4) [WellNest](#) (culturally competent, faith based services mental health and wellness services)

Muslim Psychoeducational Resources:

- 1) Talking from the heart - [Psychoeducational videos](#) available in Urdu, Somali, Bengali/Sylheti about Depression and Anxiety
- 2) [MMAC Psychoeducational Videos](#) from MMAC’s mental health talks by Muslim Mental Health Professionals

Muslim Helplines/Crisis Centers:

- 1) NISA Helpline (<https://nisahelpline.com>) - Muslim Women's Helpline, open to all faiths and backgrounds: 1-888-315-NISA
- 2) Naseeha (<http://naseeha.org>) - Muslim Youth Peer Helpline, open to all faiths and backgrounds : 1-866-NASEEHA (1-866-627-3342)
- 3) Sakeenah Homes: Transitional Shelter for women and children. Access to food, shelter, case workers, legal resources, employment and other supports:
<https://www.sakeenahhomes.com/>

Spiritual Counselling:

- 1) Islamic Institute of Toronto (<http://islam.ca>). Email: **consultation@islam.ca** for an appointment.
- 2) **ICNA Relief Canada:** Specializes in pre-marital and marriage counselling, comprehensive family support, anger management, stress/time management, anxiety, depression, settlement counselling. Contact: (905) 858-1067
| **agha@icnareliefcanda.ca**
- 3) **ISNA Canada:** Specializes in mental health challenges, domestic violence and child welfare issues, relational challenges: couples and extended family. Contact: (905) 403-8406 | **isna@isnacanda.com**
- 4) **Muslim Social Services KW:** Specializes in trauma, abuse, grief, loss, anxiety, depression, couple and relationships, addictions and recovery, self-esteem and confidence issues, family violence. Contact: (519) 772-4399
| **info@muslimsocialserviceskw.org**
- 5) **South Asian Community Health Services:** Specializes in mental health, addictions, violence, anger management, stress management, group and individual counselling, couples counselling. Contact: (647) 718-0786 | **maher2004@gmail.com**

Parenting Website Resources:

1. COVID Parents Mental Health Hub: www.covidwithkids.org (created by GTA Child Psychiatrists)
2. [CAMH Resource sheet](#) about how to talk to children about COVID
3. World Health Organization – [Parenting Tips during COVID](#)
4. Muslim General Parenting Resource: [“Keys to Successful Parenting of Muslim Children” – Online Course](#) by Khalil Center (spiritually integrated approach)

Parenting Book - General Resources:

1. 1-2-3 Magic – 3 Step Discipline for Calm, Effective and Happy Parenting by Dr.Thomas Phelan
2. Keys to Parenting your Anxious Child by Dr.Manassis
3. The Whole Brain Child : 12 Revolutionary Strategies to Nurture Your Child's Developing Mind by Daniel Siegel and Tina Bryson.

General Mental Health Resources

- **General Practice Psychotherapy Association (GPPA)** – Covered by OHIP. Family doctor who do psychotherapy require a referral from your family doctor, a physician at a walk-in clinic or a local health centre.
- **Across Boundaries** – Provide equitable, inclusive and holistic mental health and addiction services for racialized communities within an anti-racism, anti-Black racism and anti-oppression frameworks
- Referral by your family doctor to the psychiatry department at your closest hospital

Trauma Resources for Adults

- **Women's College Hospital: WRAP and TTP program:** The Women Recovering from Abuse Program (WRAP) is an intensive group therapy program with accompanying individual therapy for women who have experienced physical, emotional, sexual abuse and/or neglect in childhood (0-18 years old). The program runs Monday to Thursday from 9am to 1pm. WRAP is part of the Trauma Therapy Program. Note: Prior therapy related to trauma or abuse and prior group therapy experience is required. Phone: 416-323-6230 | Fax: 416-323-6356
- **Gatehouse:** Child Abuse Investigation and Support Site — child-friendly interview room for child welfare personnel and Toronto Police investigators * Gatehouse Adult Support Network — peer led group support for adult survivors of childhood abuse * men's support group for adult survivors of child sexual abuse * Bridging the Gap — information and referral to appropriate community resources.
- **Family Services Toronto – Trauma Therapy:** Program is provided to women who are living in or have recently left an abusive relationship * group work also offered.
- **1st Stop Woodlawn Breakthrough Program:** Expressive Arts support groups for women who have experienced any form of abuse or violence including childhood sexual abuse, incest and/or intimate partner abuse * limited child care and TTC provided * program locations in South Scarborough and Central Toronto. 416-487-7151 ext 266 ; 416-487-7151 ext 273
- **West End Services for Abuse and Trauma (WESAT):** For Female Adults who have experienced trauma. 416-240-1111 Ext. 2274
- **Trauma Informed Therapy:** 416-716-1298 | 692 Euclid Ave , Toronto , Ontario
- **Canadian Center for Men and Families:** Trauma therapy groups and one-on-one trauma counselling. Phone (Local): 647-479-9611. Phone (Toll Free): 1-844-900-CCMF (2263). Email: toronto@menandfamilies.org
- **CAMH: Women and Trauma Service (Integrated Day Treatment Service):** Referral required: Yes, Psychiatrist or GP. Please have your doctor complete a CAMH Referral Form and fax it to Access CAMH, CAMH's new centralized intake. If you have any questions about the referral or intake process, please call Access CAMH (416-535-8501).

Resources for Children/Adolescents:

- [Muslim Child and Family Services of Ontario](#)
- [West End Services for Abuse and Trauma \(WESAT\)](#): Trauma, Autism, Behavioural Challenges. Walk-in Counselling
- [Griffin Centre Mental Health Services](#): We offer a range of professional services including; assessment, service coordination and planning, individual, family and group counselling, specialized day/residential services and respite services. Address: 1126 Finch Ave West, Unit 16 | Phone: 416-222-1153 | Fax: 416-222-1321
- [Hincks Dellcrest](#): Affiliated with The Hospital for Sick Children (Downtown)
- [YouthDale \(Downtown\)](#): Youthdale provides comprehensive, integrated mental health services to troubled children and their families. We also simplify access to services by connecting families with the right programs and services at Youthdale and in their communities. Parents and legal guardians who need urgent help can call our [Crisis Service Line](#) 24 hours a day, seven days a week at 416-363-9990. Youthdale's Intake Co-ordinator is available to discuss treatment options during regular business hours at (416) 368-4896.
- [Reach out for Kids \(ROCK – Burlington, Oakville, Milton\) – Children and Youth Mental Health](#): Free Walk in services available. ROCK Intake Services | 471 Pearl Street Burlington, Ontario L7R 4M4 | Canada Phone: 905-634-2347 x 439 | Email: intake@rockonline.ca
- [Across Boundaries](#) – Provide equitable, inclusive and holistic mental health and addiction services for racialized communities within an anti-racism, anti-Black racism and anti-oppression frameworks
- [George Hull Centre for Children and Families \(Etobicoke\)](#): The Community Clinic offers clinical services to families with children and youth from birth through 18 who are experiencing significant emotional, behavioural, developmental and/or psychiatric difficulties. Comprehensive assessment, consultation, and treatment. Phone: 416-622-8833
- [What's Up Walkin](#) – Free walk in mental health counselling for youth and young adults. No fee. No OHIP card.

Addictions Resources:

- [Access CAMH](#): 416-535-8501, press 2
- [CAMH's Nicotine](#): 416-535-8501, press 2 OR 77400
- [Metro Addiction Assessment Referral Service \(MAARS\)](#): 416-599-1448
- [Drug and Alcohol Helpline](#)
- [Mental Health Helpline](#)
- [Al-Anon Al Ateen](#) – For family members of those who have an alcohol addiction
- [Ontario Problem Gambling Helpline](#): 1-888-230-3505
- [South Asian Canadians Health and Social Services](#)

Emergency Resources

- **Distress and Crisis Line:** 408-HELP Line – 24/7 Distress and Crisis Line
- Call 416 408 4357 to reach our 24/7 crisis support line.
- Serves the GTA; 365 days a year, 24 hours a day
- **[General CRISIS information and resource:](#)** Toronto Centre for Mental Health and Addiction helpline
- **Anishnawbe** 24/7 Mental Health Crisis Management Service: 416-891-8606 (Aboriginal clients)
- **Assaulted Women’s Helpline:** 416-863-0511; Toll Free 1-866-863-0511. Crisis telephone line
- **Distress Centre:** 416-408-HELP (4357) offers access to emotional support from the safety and security of the closest telephone
- **Gerstein Centre:** (416) 929-5200 provides crisis intervention to adults; telephone support, community visits and a short-stay residence. All three aspects of the service are accessed through the crisis line
- **Kids Help Phone:** 1-800-668-6868 is a free, anonymous and confidential phone and on-line professional counselling service for youth
- York Support Services Network: 1-855-310-COPE (2673) 1-866-323-7785 (TTY)
- **Scarborough Hospital Mobile Crisis Program:** 416-495-2891
- **Toronto Seniors Helpline:** 416-217-2077 is a specialized service for seniors in Toronto which provides assistance in stabilizing age-related mental health and addiction crises, risk and safety assessments, immediate referrals to community mobile crisis units, and support for families and caregivers
- **Toronto Rape Crisis Centre:** 416-597-8808
- **Youthdale’s Crisis Support Team:** (416) 363-9990 assesses each child’s risk and mental status through telephone interviews and if required, Mobile Response. Any parent or legal guardian in Ontario can call the Youthdale Psychiatric Crisis Services and get immediate access to trained professionals 24 hours a day, seven days a week
- **Emergency Shelter Central Intake:** 416-338-4766; Toll Free 1-877-338-3398
- **Streets to Homes Assessment and Referral Centre** (129 Peter Street): 416-392-0090
- Walk in referral to emergency shelter and street respite.
- **[NEDIC](#)** – list of mental health providers
- **[ConnexOntario](#)** offers province-wide information and referral services for those with mental health or addiction challenges. call the following numbers which operate 24 hours a day, 7 days a week:
 - **Mental Health Helpline,** 1-866-531-2600
 - **Drug and Alcohol Helpline,** 1-800-565-8603
 - **Ontario Problem Gambling Helpline,** 1-888-230-3505