



MUSLIM MEDICAL ASSOCIATION
OF CANADA

MENTAL HEALTH RESOURCES

MAY 2020

WWW.MUSLIMMENTALHEALTH.CA





May 2020- MMAC Muslim Mental Health Professionals Resource List

Muslim Psychiatrists (OHIP covered. Require referral from family doctor or walk-in clinic):

- 1) **Dr. Arif Syed, Psychiatrist, Private Practice**
1010 Dream Crescent Road
Telephone: [905-813-9674](tel:905-813-9674)
- 2) **Dr. Naeem Khan , Psychiatrist, Private Practice**
103-127 Westmore Dr.
Etobicoke, Ontario
Telephone: [416-749-3933](tel:416-749-3933)
- 3) **Dr. Mohammed El-Saidi , Psychiatrist, Private Practice**
301-3660 Hurontario St.
Mississauga, Ontario
Telephone: [905-949-1521](tel:905-949-1521)
- 4) **Dr. Hasan Sadiq, Psychiatrist, Private Practice**
260-2525 Old Bronte Rd.
Oakville, Ontario
Telephone: [289-837-1116](tel:289-837-1116)
25 Great Lakes Drive
Brampton, Ontario
Telephone: [905-494-0302](tel:905-494-0302)
- 5) **Dr. Abul Ahmed , Psychiatrist, Private Practice**
16-585 Ontario St.
Telephone: [905-369-3605](tel:905-369-3605) and [905-693-9500](tel:905-693-9500)
- 6) **Dr. Amin Mohammad , Psychiatrist, Private Practice**
Telephone: [905-997-8182](tel:905-997-8182)
- 7) **Dr. Farooqi , Psychiatrist, Private Practice**
8+9-6435 Erin Mills Pkwy
Mississauga, Ontario
Telephone: [905-858-1605](tel:905-858-1605)
Oakville, Ontario
Telephone: [416-994-7098](tel:416-994-7098)
- 8) **Dr. Sohail Khattak , Psychiatrist, Private Practice**
Pediatrician, ADHD Patients
Whitby, Ontario
Telephone: [905-683-4440](tel:905-683-4440)
- 9) **Dr. Javeed Sukhera – Child and Adolescent Psychiatry**
London Health Sciences Centre - Victoria Hospital
800 Commissioners Rd E
London, ON
N6A 5W9
519-685-8500 ext 74968



10) Dr.Sohail Makhdoom – Child and Adolescent Psychiatry

Child and Parent Resource Institute (CPRI)
600 Sanatorium Rd
London, ON
N6H 3W7
519-858-2774 ext 2504

11) Dr.Yusra Ahmad – General Psychiatry (focus on Mindfulness and psychotherapy)

500 Yonge St. Medical Centre
Suite 308
Toronto ON M4Y 1X9
Phone: 647-620-8831

Muslim Family Doctors with expertise in Mental Health:

1) Dr.Swaleha Gangat – Religious Scholar (Languages: French, Gujrati, Urdu, English)

60 Town Centre Court, unit 3
Scarborough ON M1P 0B1
Phone: (416) 792-2654
Fax: (416) 792-4786
Book and Appointment through Khalil Center here by clicking [here](#).

2) Dr.Sidra Husnain – Trained in psychotherapy

Pharmasave Family Doctors – Family Practice
484 Holland St. Unit 3
Bradford, ON L3Z 0A2
T: 905-955-2024

3) Dr.Suleiman Furmulu

60 Town Centre Court, Unit 3
Scarborough, ON
M1P 0B1
Telephone: 416-792-2654
Fax: 416-792-4786
<https://www.townclinic.ca/>

Muslim Mental Health Centers in Greater Toronto Area (virtual therapy available)

- 1) [Khalil Center](#) (spiritually integrated interventions and counselling)
- 2) [WellNest](#) (culturally competent, faith based services mental health and wellness services)



Private Muslim Counsellors (Not OHIP covered. No referral required) :

1) Asma Maryam Ali (<http://www.concentriccare.com/>)

Therapist (OCT, OACCPP-G, Regulated by the CRPO)

B.A., B.Ed., M.A. (Education), M.A. (Counselling Psychology)

Specialty: Counselling on depression, anxiety, personality disorders, relationship and family disputes, grief and loss, physical impairments and further issues.

Modalities: Interpersonal Therapy, Cognitive-Behavioural Therapy and Psychodynamic Psychotherapy

2) Sarah Ahmed, BSc, MSW, RSW (Adjunct Lecturer University of Toronto Social Work, Cofounder of Well-Nest, Canadian Muslim Addiction Association and Psychotherapist in Private Practice)

Clinical Social Work/Therapist

<http://www.well-nest.ca/>

Languages: Urdu, Hindi, English

Specialty: Addiction, Mood Disorders, Medical Detoxification, Alcohol Abuse, Anxiety, Behavioural Issues, Bipolar Disorder, Borderline Personality. Chronic Pain, Depression, Divorce, Domestic Violence, Drug Abuse, Emotional Disturbance, Family Conflict, Grief, Internet Addiction, Life Transitions, Marital and Premarital, Obsessive-Compulsive (OCD), Relationship Issues, Self Esteem, Self-Harming, Sexual Addiction, Spirituality, Stress, Substance Use, Suicidal Ideation, Trauma and PTSD, Video Game Addiction, Women's Mental Health Issues, Impulse Control Disorders, Personality Disorders, Cultural and Spiritual Adapted Therapy

Modalities: Individual Therapy, Group Therapy, Family Therapy, Cognitive Behavioural (CBT), Dialectical (DBT), Emotionally Focused, Family / Marital, Interpersonal, Mindfulness-Based (MBCT), Motivational Interviewing, Solution Focused Brief (SFBT), Strength-Based, Trauma Focused

3) Zainib Abdullah, M.S.W R.S.W (Co-founder of Well-Nest, Mental Health Clinician at Toronto Western Hospital and Private Practice)

Psychotherapist

<http://www.well-nest.ca/>

Specialty: Anti-oppressive, client-centred & trauma-informed therapy. Addressing a Wide Range of Concerns/Challenges including but not limited to Anxiety, Depression, Loneliness, Grief and Loss, Trauma, Post-Traumatic Stress, Relationship Challenges and Life Transitions, Abuse & Family violence, ADD & ADHD, Burnout & Stress, Coping with Chronic Illness, Perfectionism & Being a "Workaholic," Self-esteem & Confidence.

Modalities: Faith-based therapy, Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Sensorimotor & Somatic Psychotherapies, Certified Applied Mindfulness Meditation Specialist, Mindfulness-Based Therapy

Languages: English, Arabic



4) Reem Abdul Qadir MSW RSW

George Hull Center for Children and Families (Etobicoke) and Private Practice
Clinical Social Worker

Adjunct Professor at the University of Toronto, Faculty of Social Work graduate program.

Specialty: Individual, Couple & Family Therapy. She also provides Clinical Supervision to social workers, psychologists, art therapists and psychiatrists.

E-mail: community@muslimmeds.ca for referral information.

5) Haleh Banani (skype sessions, <http://www.halehbanani.com>)

Master degree in Clinical Psychology

6) Marzia Hassan <http://www.marziahassan.com/>

Masters in Social Work (MSW)

Modalities: Emotionally Focused Couples Therapy, Image Therapy, Cognitive Behavioral Therapy (CBT), Solution Focused Counseling, Acceptance and Commitment Therapy (ACT), MBSR – Mindfulness Based Stress Reduction, Journey Practitioner (in process)

7) Saunia Ahmad (<http://www.drsauniaahmad.com/>)

88 Prince Arthur Avenue
Toronto, Ontario Canada M5R 1B6
Telephone: (647) 620-9026

Modalities: Cognitive-Behavioural Therapy (CBT), Emotion Focused Therapy (EFT), Dialectical Behaviour Therapy (DBT) (trained in the BPD program at CAMH), Mindfulness, Family Systems Theory, Psychodynamic, Social Constructionism

Languages: English, Hindi, and Urdu.

8) Ghazala Fauzia (www.holisticcounselling.ca, Carizon Family and Community Services and Private Practice)

Master's degree in Social Work

Holistic Healing Counselling Services
259 King Street West, Suite 208
Kitchener, Ontario N2G 1B1
Telephone: (855) 707-3228

Modalities: EMDR therapy model (Eye Movement Desensitization & Reprocessing), Focus: Trauma, PTSD, Physical, Sexual & Emotional Abuse, Depression & Anxiety, Cultural Sensitivity

Languages: English, Urdu, Punjabi and Hindi.



9) Sohail Abbass

B&C Health
6517 Mississauga Road, Unit C
Mississauga, Ontario Canada L5N 1A6
Telephone: (855) 980-7343

10) Chevalier Counseling (<http://www.chevaliercounseling.ca/>)

Windsor, Ontario, Essex County and surrounding areas
Email: Fatma_Avci@chevaliercounseling.ca, Vicky_Pritchard@chevaliercounseling.ca
Telephone: (519) 252-6330

11) Mrs. Wahida Valiante (<http://wahidavaliante.weebly.com/>, services can be provided over the phone)

Registered Social Worker
Telephone: (905) 771-1023, (Cell) 647 802 8024
Emails: cicnp@canadianislamiccongress.com

Specialty: Domestic violence, Substance abuse services , Alcohol use disorder, Anxious children, Family Counselling and Crisis Response Services, Anxiety, Anger Management, Parenting Skills, Family Restructuring, and Behavior Management.

Languages: English, Bengali, Hindi/Punjabi, and Urdu.

Modalities: Cognitive Behavioral Therapy, Narrative Therapy, Solution Focused, Motivational Interviewing, Family Restructuring Therapy, and Dealing with Medical Diagnosis.

12) Dr. Siddiq, Family Counselling & Psychotherapy Services (www.mfcsoc.ca) | Telephone: 416-910-1253. Telephone (for consultants only): 416-588-5411. Email: intake@mfcsoc.ca

13) Dr. Nighat Gilani

PhD in Psychology, Post-Doctoral Degree

4304 Village Centre Court
Mississauga, Ontario Canada L4Z 1S2
Telephone: (855) 449-2924

2555 Erin Centre Boulevard
Mississauga, Ontario Canada L5M 5H1
Telephone: (905) 828-0270

Modalities: Cognitive Behaviour Therapy, EMDR Therapy, Emotion Focused Therapy, Focusing Oriented Psychotherapy and Solution Focused Therapy

Languages: English, Urdu, Punjabi, Hindi, & Pushto.

Specialty: Experience in dealing with personal, interpersonal, and emotional concerns of individuals with diverse ethnic, racial, and cultural backgrounds.



14) Samia Malik-Noor

Registered Psychotherapist

151 Harbord Street
Toronto, Ontario Canada M5S 1H1
Telephone: (855) 969-4567

603 Argus Road, Suite 200
Oakville, Ontario Canada L6J 6G6
Telephone: (855) 969-4567

Modalities: Brief and Long-Term Psychodynamic Psychotherapy for Individuals and Couples , CBT, Anger Management, Grief Loss

Specialty: Depression, Anxiety, Bereavement, Anger, Addictions and Trauma, Cultural sensitivity

15) Taskeen Mansur, MSW RSW

Email: taskeen@alumni.utoronto.ca
Telephone: 416-802-5548

16) Essa Egal, Egal Family Services (Child and Adult Psychotherapy Services)

1430 Birchmount Road
Scarborough, ON
M1P 2E8
10-2563 Major Mackenzie Drive
Maple, ON
Telephone: (416)617-9801
Email: egalfamilyservices@gmail.com

17) Abier Elbarbary: abnomadic@gmail.com

Licensed Psychotherapist

Specialty: Counseling to Single Mothers, New Muslim sisters, Depression and Anxiety, Mental Illness, Adjustment to Physical Illness, Neurological disorders/Addictive Behaviours, Challenging behaviours, Learning Disabilities, Eating Disorders, Personal and Family Relationship Problems, Coping with Typical/Atypical Work Activities

Modalities: Individual, Couples therapy & Youth Therapy available

Community Counselling Services (No cost):

1) ICNA Family Counselling | <https://icnareliefcanada.ca/family-counselling>

Modalities: Systems Based, Cognitive-Behavioral and Relationship-Based interventions.

Specialty: Pre-marital Counselling, Marriage Counselling, Comprehensive Family Support, Anger Management, Stress/Time Management, Anxiety and Depression Counselling, Settlement Counselling

2) Dr. Maher Hussain, PhD (South Asian Community Health Services - SACHS)

Email: maher2004@gmail.com | <http://www.sachservices.net/p/programs-and-services.html>

Specialty: Culturally and linguistically Appropriate Services for South Asian Men, Women, Seniors and Youth, and other Communities. Mental Health and Addictions issues, Counselling services Driving Under the Influence of Alcohol/Drugs (DUI), Violence, Domestic Violence, Anger management. Domestic violence. Couple and Marriage Counselling.

Language: Hindi, Punjabi, Urdu, Tamil, Gujrati, Malayalam and English.



Spiritual Counselling (Free) :

1) The Muslim Chaplaincy at the University of Toronto and Ryerson University”
<http://mcooft.com/counselling/>

2) Imam: Shaykh Mufti Ibrahim Qureshi
 E-Mail: imam@masjidelnoor.ca
<http://masjidelnoor.ca/community/family-counseling/>

3) Islamic Institute of Toronto (<http://islam.ca>)
 Email: consultation@islam.ca for an appointment

Muslim Helplines:

1. **NISA Helpline** (<https://nisahelpline.com>) - Muslim Women’s Helpline but open to all: 1-888-315-NISA
2. **Naseeha** (<http://naseeha.org>) - **Muslim Youth Peer Helpline but open to all : 1-866-NASEEHA (1-866-627-3342)**
3. **Sakeenah** (<https://www.sakeenahhomes.com/>) :Women and Children Transitional Shelter. Food, Legal, Counselling support and other services.

General Resources:

1. In any EMERGENCY - If you or someone you know is experiencing a mental health crisis that you feel requires immediate attention, please seek help through your nearest emergency department, by calling 911, or a local crisis line.
2. Visit your family doctor as a first step or a walk-in clinic if you are worried about your mental health
3. See your See your University Health or Wellness Centre : UofT Health and Wellness Centre (<https://www.studentlife.utoronto.ca/hwc/services-offered>)
4. 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 (www.gppaonline.ca)
5. 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 (<http://acrossboundaries.ca/>)
6. What’s Up Walkin – Free walk in mental health counselling for youth and young adults. No fee. No OHIP card. (<http://www.whatsupwalkin.ca>)

Other Distress Resources:

1. **General: Distress and Crisis Line:** 408-HELP Line - 24/7 Distress and Crisis Line
 - i. Call 416 408 4357 to reach our 24/7 crisis support line.
 - ii. Serves the GTA; 365 days a year, 24 hours a day
2. **General CRISIS information and resource:**
 - i. <http://toronto.cmha.ca/mental-health/find-help/are-you-in-crisis/>
3. **Anishnawbe** 24/7 Mental Health Crisis Management Service: 416-891-8606 (Aboriginal clients)
4. **Assaulted Women’s Helpline:** 416-863-0511; Toll Free 1-866-863-0511. Crisis telephone line.
5. **Distress Centre:** 416-408-HELP (4357) offers access to emotional support from the safety and security of the closest telephone.



6. **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.
7. **Kids Help Phone:** 1-800-668-6868 is a free, anonymous and confidential phone and on-line professional counselling service for youth.
8. York Support Services Network: 1-855-310-COPE (2673) 1-866-323-7785 (TTY)
9. **Scarborough Hospital Mobile Crisis Program:** 416-495-2891
10. **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
11. **Toronto Rape Crisis Centre:** 416-597-8808
12. **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.
13. **Emergency Shelter Central Intake:** 416-338-4766; Toll Free 1-877-338-3398
 - a. Streets to Homes Assessment and Referral Centre (129 Peter Street): 416-392-0090
 - b. Walk in referral to emergency shelter and street respite.
14. If you are looking for **Information & Referral services in Ontario:**
 - a. **ConnexOntario** offers province-wide information and referral services for those with mental health or addiction challenges. You can visit their website at: web address, or you can call the following numbers which operate 24 hours a day, 7 days a week:
 - b. **Mental Health Helpline**, 1-866-531-2600
 - c. **Drug and Alcohol Helpline**, 1-800-565-8603
 - d. **Ontario Problem Gambling Helpline**, 1-888-230-3505
15. **Family Navigation Project** : Provide expert navigation of the mental health and addictions service system for youth aged 13-26 and their families, who are living in the Greater Toronto Area (GTA)
16. Telephone: 1-800-380-9FNP (1-800-380-9367) or email: familynavigation@sunnybrook.ca

Educational Resources:

1. **Khalil Center** (U.S.A): Utilizes Faith-based approaches rooted in Islamic theological concepts while integrating the science of psychology towards addressing social, psychological, communal and spiritual health. <https://khalilcenter.com>
2. **Resources for Anxiety/Depression:** "Mind Over Mood" by Dennis Greenberger (Cognitive Behavioural Therapy Workbook Resource)
3. **Resources for Anxiety:** <https://www.anxietybc.com>
4. **Inspiring Muslim Minds, Muslim Medical Association of Canada**
Seminar Videos and Handouts : www.muslimmeds.ca
Questions/Navigating Mental Health System: community@muslimmeds.ca
Canadian Muslim Mental Health Conference – Seminars: www.muslimmeds.ca
5. **Institute of Muslim Mental Health** (www.muslimmentalhealth.com)
6. **Institute for Social Policy and Understanding** (U.S.A): <https://www.ispu.org>
7. **CAMH: Patient and Family Resources** <http://www.camh.ca/en/education/Patients-Families-Public/Resources/Pages/default.aspx>

If you have any further questions regarding mental health supports or resources please contact: cmmhc@muslimmeds.ca.