



United for Muslim Mental Advocacy & Health

United for Muslim Mental Advocacy & Health (UMMAH) is a newly-formed, grassroots initiative that aims to de-stigmatize mental illness and address the mental health needs of Maryland's diverse Muslim communities through advocacy, education, and empowerment. It's core steering committee is made up of mental health professionals and activists in the area who possess a unique combination of expertise, training, and skillsets.

Contact Email: UMMAH.maryland@gmail.com

Muslim Mental Health Resources			
Name	Phone	Website	Description
AMALA	1-855-95-AMALA	https://www.amalahopeline.com/	AMALA offers confidential youth counseling with trained and culturally competent counselors.
Family & Youth Institute		http://www.thefyi.org/	The FYI supports Muslim families through research and education efforts--there are a wide selection of resources, such as infographics, videos, toolkits, and articles. These resources contain research-based strategies regarding parenting, positive youth development, marriage and mental health.
HEART Women & Girls		http://heartwomenandgirls.org/	HEART Women & Girls promotes sexual health and sexual violence awareness in Muslim communities through health education, advocacy, research, and training. They also provide resources for those who have experienced sexual or relationship violence.
Khalil Center	(855) 543- 5752	http://khalilcenter.com/	The Khalil Center offers spiritually integrated mental health therapy. Muslim mental health professionals offer tele counseling and hotline services as well.
Muslim Mental Health Institute	1-800-273-8255	http://www.muslimmentalhealth.com	Information and referrals on a variety of health and human service issues specific to Muslim American needs
Muslim Wellness Foundation		http://www.muslimwellness.com/	The MWF provides a number of educational resources, including mental health first aid training for community members, including imams. They host the annual Black Muslim Psychology Conference as well as a fellowship program for Black Muslim Emerging Adults (18-25 years old) to provide leadership and training for social justice and advocacy for the Muslim community
Naseeha	1-866-NASEEHA (627-3342)	http://Naseeha.org	Naseeha is a confidential, anonymous youth helpline for Muslim Youth in Canada and the United States. You can reach their trained counselors over the phone or chat with them on their website.
Stones to Bridges		http://www.stonestobridges.org/	Stones to Bridges provides anonymous counseling and support for Muslim Youth as well. They also provide additional resources that go beyond mental health on their website, be sure to check them out.

Mental Health Resources in MARYLAND

Name	Phone	Website	Description
Baltimore Crisis Response	(410) 433-5175	http://www.bcreponse.org/	Provides crisis intervention and addiction treatment services. Hotline for B-CARS. Provides support to those handling mental health crises including suicide, depression, mood swings, etc.
Crisis Response Center Hotline	(410) 931-2214	https://www.thesantegroup.org/	Provides assistance to those experiencing a crisis and are in need of a counselor.
Domestic Violence & Sexual Assault Hotline	(410) 857-0077		
Domestic Violence Center of HOCO	(410) 997-2272 (410) 997-3292 (800) 752-0191	http://www.wearehopeworks.org/	Provides comprehensive services for survivors, individual and group counseling, emergency and transitional shelter, legal advice, information, referral, accompaniment and representation in court, an abuser intervention program and prevention services.
Grassroots Crisis Intervention Services	(410) 531-6677	http://www.grassrootscrisis.org	Provides crisis intervention services, emergency and transitional shelter, and community education
Maryland Peer Warm-Line	(877) 794-7337	http://www.warmline.org/#maryland	The warm-line is a toll free number that is peer run and peer operated. Helps individuals living with mental health and/or substance use needs. Provides support and resources for people who are having a difficult time, might feel isolated, might be entering in or out of a hospital, or just need to talk to somebody.
Maryland Youth Crisis Hotline	(800) 422-0009	http://www.help4mdyouth.org/	Provides a 24-hour toll-free hotline designed to meet the needs of troubled youth in crisis. MYCH is the first decentralized hotline in the country and serves as a primary intervention resource.
Montgomery County Hotline	301-738-9697 (Youth Hotline)	http://www.mhamc.org	A free, confidential 24-hour hotline offering crisis & suicide intervention and prevention, information and referral and supportive listening
	(301) 738-2255 (Hotline)		
National Hopeline Network	(800) 442-4673	http://www.hopeline.com	Available to those suffering from depression
National Suicide Prevention Lifeline	(800) 273-8255	http://www.suicidepreventionhotline.org	Available to anyone in suicidal crisis or emotional distress
RAINN	(800) 656-4673	http://www.rainn.org	Provides referrals to local organizations and information to survivors of sexual assault and domestic violence