

Mental Health Resources for Muslims

Helplines

- **Naseeha Youth Helpline** **1-866-627-3342**
- **Nisa Helpline for Muslim Women** **1-888-315-6472**

Clinics

Khalil Centre

1-855-554-2545

201 Consumers Rd #101,
North York, ON M2J 4G8, Canada

Spiritual/Religious Counselling

- University of Toronto, Muslim Chaplain

Imam Yaseen Dwyer

ydwyer@gmail.com

Free and confidential counselling sessions for UofT students

Platform to find a Muslim therapist

- <https://www.ruhcare.com/>

