

MENTAL ILLNESS IN ISLAM



GUIDELINE

Holistic Healing Approach

Islam encourages a holistic approach to health; integrating mind, body, and spirit.

Community Support and Compassion

The Sunnah advocates for helping others and fostering a supportive community.

Seeking Professional Help

Seeking professional help for physical and mental health is encouraged by The Sunnah.

Reduction of Stigma

The Sunnah's approach reduces stigma around mental illness, promoting open discussions.

Spiritual Practices for Mental Health

The Qur'an provides comfort and contentment. The prophet ﷺ acknowledged that mental illnesses exist and taught us a Du'aa to combat anxiety and intense sadness.

GUIDANCE FROM QUR'AN & SUNNAH



GUIDELINE

Holistic Healing Approach

“Ask your Lord for forgiveness and wellness in this world and the Hereafter. If you are given forgiveness and wellness in the world and the Hereafter, you have succeeded.” (Sunan Ibn Mājah, no. 3848.)

Community Support and Compassion

Islamic concept of an Ummah comprising a tight-knit community of believers supporting for one another.

Seeking Professional Help

“Allah has sent down both the disease and the cure, and He has appointed a cure for every disease, so treat yourselves medically, but use nothing unlawful.”
(Sunan Abu Dawood 3874)

Reduction of Stigma

A woman with mental illness sought the Prophet ﷺ's help. He attentively offered his assistance for any task she desired."
The Prophet ﷺ stated that he ﷺ will accompany her wherever she wished, showing immense care and compassion.
(Sahih Muslim 2326)

Spiritual Practices for Mental Health

'We have not revealed the Qur'an upon you to cause distress.'
(Qur'an 20:2)
'and it (The Qur'an) is a Healing Cure for what is in the chests, a Guide, and a Mercy for the believers,' (Qur'an 10:57)

5 STEPS TO ACHIEVING MENTAL WELL-BEING



Salah, Du'a and Zikr help manage stress and promote inner peace.

01

Use available resources and expertise to address health issues comprehensively.

02

Ask Allah for forgiveness and wellness for mental and spiritual health.

03

Encourage positive discussions on mental health conversations within the community.

04

Following Allah's guidance facilitates optimal human functioning.

05





Dua To Remove Difficulties, Stress, Worry & Anxiety

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ

وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ

الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allahumma inni a'udhu bika minal-hammi wal-Huzni wal-'ajazi wal-kasli wal-bukhli wal-jubni wa ḡala'id-dayni wa ghalabatir-rijal.

“O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.” (Al-Bukhari)



Reflect on any thoughts that may arise after seeing these advices;
Did you believe that mental health/mental health illness has any place
in Islam?

What are your thoughts now regarding mental health and mental
illness within the Islamic framework?