

FAQ'S

Is every sadness depression?

No, every sadness is not depression. Being sad is a normal human emotion and has nothing to worry about. If you're sad try to elevate and boost your mood, but depression is a serious clinical term that requires help from any expert.

What can a psychologist help with?

Psychologists have studied human behavior and the brain (including how people think, feel, learn and behave) and have been trained to assist people who are having challenges coping with emotions, thoughts and actions. Psychologists use evidence-based approaches that are tailored to suit each client and circumstance and they assess, diagnose and treat a wide range of clients and areas of concern.

Why is psychology important to Islam?

Psychology in Islam is used in everyday practices but under different guises, such as spiritualism. Islam values the importance of good mental health and emotional wellbeing. The Qur'an can be used as a guide to those suffering from emotional distress and aims to lead people to a meaningful quality of life.

Does Faith in Allah really heal hearts?

It is whole-hearted reliance in Allah that brings peace of mind to a believer. Those who are afflicted by the wounds of the heart should remember Allah and rely on Him. And the way to rely on Him is through worshiping Him and seeking His help and guidance in all things.

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Is every overwhelmed emotion sign of mental distress?

No, every overwhelming emotion is not a sign of mental distress. Overwhelming of emotions is a common walk of life. What makes a difference is how you deal with those emotions. Try not to be occupied by those just try to keep moving and it is just fine.

What psychological therapy can you do on your own?

Self-therapy is absolutely something that you can practice on your own to work on anxiety or depression; without needing to become accredited or attain a formal qualification

What Islamic practice is best for every mood?

Offering you salah and zikr are the two best practices for every mood. Either your mood is good you do these two things, it will maintain that goodness. and either you're sad this will remove sadness and grieve from your hearts and put you at ease.

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