SOMALI HEALTH EQUITY COLLECTIVE

Mental Wellness Guide

Hagaha Ladnaanta Maskaxda

Culturally-sensitive approach to mental health

Contents:

- ⢠Understanding mental health in Islamic context
- ⢠Stress management through traditional practices
- ⢠Community support and family involvement
- ⢠When and how to seek professional help
- ⢠Prayer, meditation and spiritual wellness
- ⢠Dealing with cultural stigma around mental health

Created in partnership with Islamic mental health professionals and community leaders.