

# Muslim American Mental Health

Muslim Americans, especially Black and Arab Muslims, are more likely than any other faith group to report low household income despite similar educational attainment.

Data on community prevalence of psychiatric disorders among Muslim Americans is scarce. Existing data shows **high rates of adjustment disorder** experienced by Muslim Americans seeking mental health treatment, which may be suggestive of the challenges of acculturation and adjustment, as well as discrimination and marginalization in society.

## Islamophobia & Discrimination:

- Nearly one-third of Muslim Americans perceived discrimination in health care settings; being excluded or ignored was the most frequently conveyed type of discrimination.
- Religious discrimination is associated with depression, anxiety, sub-clinical paranoia, and alcohol use.
- Travel and immigration restrictions, directed primarily at Muslim countries by the U.S. government, have led to traumatizing experiences.
- There is a strong need for research and applied programs that specifically focus on the well-being of Muslim American communities.
- Muslim children are four times as likely to be bullied as the general public, with a quarter involving bullying by a teacher or other school official.

## Quick Stats:

- 50% of Muslim youths experience psychological bullying.
- Alcohol/illicit drug use and gambling are common in Muslim college students.
- 95% of imams spend some amount of time in counseling activities beyond spiritual concerns, including family issues, relationships, mood, and anxiety.
- Expressing emotional distress in somatic terms often occurs in Muslim cultures.



A lack of understanding or knowledge about the religious beliefs, customs, or rituals of Muslim patients by non-Muslim providers may be an impediment in establishing a therapeutic relationship.

Data adapted from "Mental Health Disparities: Muslim Americans" published by the American Psychiatric Association.

Learn how you can help at [nami.org/minoritymentalhealth](https://nami.org/minoritymentalhealth)



NAMIMaryland



NAMIMaryland



NAMIMaryland



[www.namimd.org](https://www.namimd.org)

 **NAMI** Maryland

National Alliance on Mental Illness

[info@namimd.org](mailto:info@namimd.org)

1-877-878-2371

410-884-8691

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## Support and Resources

*Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.*

### **Institute for Social Policy and Understanding (ISPU)**

ISPU provides educational mental health resources to Muslim American communities to assist with issues involving youth mental health, dealing with bias and bigotry, and links to other Muslim wellness resources.

[www.ispu.org/mental-health](http://www.ispu.org/mental-health) | (313) 436-0523

### **Institute for Muslim Mental Health**

The Institute for Muslim Mental Health provides resources, a "Find a Therapist" locator, research, and scientific journals.

[www.muslimmentalhealth.com](http://www.muslimmentalhealth.com)

### **Muslim Wellness Foundation (MWF)**

The MWF aims to destigmatize mental health conditions in the Muslim community. Their website includes information about resources on community trauma, programs, and news.

[www.muslimwellness.com](http://www.muslimwellness.com)

### **Journal of Muslim Mental Health**

The Journal of Muslim Mental Health publishes articles exploring various factors affecting the mental health of Muslims in the United States and globally.

[www.journalofmuslimmentalhealth.org](http://www.journalofmuslimmentalhealth.org)

### **Muslims Thrive**

Muslims Thrive works to destigmatize mental health challenges by creating forums of education, advocacy, and acceptance while being a leading voice for health and wellness in the Muslim community.

[www.muslimsthrive.org](http://www.muslimsthrive.org)

### **Muslims and Mental Health Lab**

The Muslims and Mental Health Lab is dedicated to creating an academic home for the study of mental health as it relates to the Islamic faith and Muslim populations. The lab aims to provide intellectual resources to clinicians, researchers, trainees, educators, community, and religious leaders working with or studying Muslim populations.

[med.stanford.edu/psychiatry/research/MuslimMHLab.html](http://med.stanford.edu/psychiatry/research/MuslimMHLab.html)