

A CONFIDENTIAL, PEER SUPPORT LINE FOR MUSLIM YOUTH

WHAT IS THE AMALA YOUTH HOPELINE?

The Amala Youth Hopeline provides the youth with an easily accessible form of culturally competent peer support. Our anonymous and confidential warmline 855-95-AMALA (26252) is answered by youth para-professionals who have been trained to provide free, one-on-one non-judgmental peer support.



Managing and navigating life's challenges can be difficult and may negatively impact mental and emotional health, but there is hope - we are here for you! Many Muslim youth are struggling with the same challenges our Amala Counselors have previously encountered, so they have an understanding of what you may be experiencing.

Many conversations cover these all-too-common topics:

- Anxiety and Depression
- Being Fearful of new situations
- Eating disorders
- Social media pressure
- Nutrition impact on mental health
- Social anxiety
- Relationships ending
- Self-identity struggles
- Homelessness
- Academic struggles
- Family dynamics
- Substance abuse

Amala Youth Hopeline operates on Mondays, Wednesdays, Fridays, Saturdays, and Sundays from 6 pm - 10 pm PST
Call 855-95-AMALA (26252) to be connected with an Amala Counselor