

Taking Care of Your Mental Health

✓ Self-Care Strategies

Daily practices like rest, healthy routines, prayer, journaling, dhikr, or exercise that nurture your mind and body.

✓ Social Connections

Building supportive relationships with family, friends, mentors, and community for belonging and strength.

✓ Professional Help

Seeking guidance from therapists, counselors, or trusted providers when extra support is needed.

✓ Spiritual Wellbeing

Strengthening your connection to Allah through worship, reflection, and gratitude to find peace and purpose.

✓ Healthy Boundaries

Learning to say no, manage stress, and balance responsibilities to protect your wellbeing.

You Are Not Alone

MYPI is here to help you reach
Mental Health Resources

 **988**
National Suicide Hotline

 **1-855-554-2545**
Khalil Center Helpline

 **1-866-627-3342**
Naseeha Helpline

 **Text HOME to 741-741**
Crisis Text Line

 **mw.mypi.org**
MYPI Mental Wellness Services

Break the Stigma



Mental Wellness Program

Your **Mind** Matters

The Path to Mental Wellness

The MYPI Mental Wellness Program focuses on Islamically-informed mental wellness services that increase mental health awareness, building social connections, and facilitating access to services for our community.



MYPI Mental Wellness Services

Individual Counseling

Family Counseling

Spiritual Counseling

Life Coaching

Support Groups



Sign up for
MYPI Mental
Wellness Services

MYPI Wellness House

Resource network for youth, families, masajid, and community organizations

Culturally responsive care from providers experienced with youth, families, and refugees

Training in mental health intervention for imams, community leaders, and youth

Workshops supporting parents of Muslim youth

Open conversations for the community to listen, share, and connect



mypi.org/mental-wellness
mental.wellness@mypi.org

SUPPORT MYPI



Help us continue our work for
Colorado Muslim Youth
and their families

www.mypi.org/support



contact@mypi.org
www.mypi.org

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I finally broke the stigma and barrier that was holding me back from experiencing therapy and it helped me tremendously. Now I tell everyone I do it and they can do it too.