

## **April/May 2021 Resources: Muslim American Mental Health**

The Anti-Racism Task Force is pleased to bring you this edition of our resource blast. These blasts will be released every other month through the spring and summer and as always will be full of resources related to a specific theme. No questions will be posed, but feel free to share reflections or start a conversation.

As Ramadan is being observed in the US and around the world by Muslims presently, in this edition we bring you information pertinent to Muslim American Mental Health. Islam represents the second largest world religion and is predicted to be the second largest in the United States by the year 2050 (Samari, 2016). Islamophobia, hate crimes and various forms of anti-Muslim bias have long existed in American society, but a sharp uptick in the pervasiveness of these incidents has been documented by researchers since September 11, 2001 (Samari, 2016). These experiences impact the mental health of individuals in the Muslim community (as well as those who are incorrectly assumed to be Muslim) in myriad ways described in the articles below. Also below are resources that speak to the impacts of intersectional identities (many Muslims hold multiple minority statuses) important for mental health providers to recognize as we seek to understand the experiences of our Muslim clients and provide culturally competent care.

### ARTICLES/ESSAYS

- [Mental Health Facts for Muslim Americans - American Psychiatric Association](#)
- [Working with Muslim Patients - American Psychiatric](#)

## Association

- [Treating Muslims - APA](#)
- [Muslims in America, post 9/11 - APA](#)
- [Islamophobia's impact - APA](#)
- [How Muslim Americans Are Fighting Mental Health Stigma - Psychology Today](#)
- [Islamophobia and Public Health in the United States](#)
- [Young Adult American-Born Muslims and Mental Health - Antioch University - Institute for Social Policy and Understanding](#)
- [Relationships of the Practice of Hijab, Workplace Discrimination, Social Class, Job Stress, and Job Satisfaction Among Muslim American Women](#)
- ["My Existence is not Haram": Intersectional Lives in LGBTQ Muslims Living in Canada](#)

## WEBSITES:

- [Institute for Muslim Mental Health: Home](#)
- [Muslim Mental Health Toolkit | ISPU](#)
- [Muslim Anti-Racism Toolkits](#)
- [Muslim Anti-Racism Collaborative \(MuslimARC\)](#)

- [Muslims for Progressive Values](#)

## PODCASTS

- [Muslims In America: A New Generation - NPR Series](#)
- [Bullied For Its Faith, Muslim Family Fights Back Through Education - NPR](#)
- [A Mosque For LGBTQ Muslims - NPR](#)
- [Black Muslims Step Into Spotlight - NPR](#)

## CHILDREN'S RESOURCES

- [What is Ramadan?](#)
- [Teaching Kids About Ramadan](#)
- [Naseeha \(Call/Text Line for Muslim youth\)](#)

## CHILDREN'S BOOKS

- [The Proudest Blue](#)
- [My Name is Bilal](#)
- [The Night Diary](#)

## MOVIES & DOCUMENTARIES

- [Muslims | FRONTLINE](#)

#### SOCIAL MEDIA/APPS

- [Dr. Rania Awaad \(Instagram\)](#)
- [Muslim Alliance for Sexual and Gender Diversity\\_ \(Instagram\)](#)
- [Sakeenah \(Mindfulness app for Muslims\)](#)

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The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

Members: Nita Makhija (Co-Chair), Jane Dewey (Co-Chair), Melinda Haggerty, Tanisha Joshi, Amber Dewey, Alanna Lipinski, Karen Klementowski, Tacianna Indovina, Thomas Chacko