




## Resources for Muslim Women and Youth

**Naseeha** is an international hotline that provides youth, particularly Muslim youth with the tools needed to address a range of issues including mental health, drugs and alcohol, bullying, religion, marriage and divorce, domestic issues, and career or work-related issues. Peer-counsellors provide immediate, anonymous, and confidential support over the phone from 12:00 pm to 9:00 pm, 7 days a week and text support from 12:00 pm to 9:00 pm, Monday to Friday.

 1-866-627-3342

 1 (866) 627-3342

 <https://naseeha.org/>

**Nisa helpline** offers a confidential, anonymous and free helpline for Muslim women across North America, every day from 10 am to 10 pm EST that offers mental health support and peer counselling.

 <https://nisahelpline.com/>

