

Muslim Medical Association of Canada

# MENTAL HEALTH RESOURCES 2022



Muslim Medical Association of Canada

[MUSLIMMENTALHEALTH.CA](http://MUSLIMMENTALHEALTH.CA)

## 2022 Muslim Mental Health Resources

### **Muslim Psychiatrists (OHIP covered. Require referral from family doctor or walk-in clinic):**

- 1) **Dr. Arif Syed, Psychiatrist, Private Practice**  
6-1010 Dream Crescent Rd.  
[Telephone: 905-813-9674](tel:905-813-9674)
- 2) **Dr. Naeem Khan, Psychiatrist, Private Practice**  
103-127 Westmore Dr.  
Etobicoke, Ontario  
[Telephone: 416-749-3933](tel:416-749-3933)
- 3) **Dr. Mohammed El-Saidi, Psychiatrist, Private Practice**  
512-2000 Credit Valley Rd.  
Mississauga, Ontario  
[Telephone: 905-997-7107](tel:905-997-7107)
- 4) **Dr. Hasan Sadiq, Psychiatrist, Private Practice**  
260-2525 Old Bronte Rd.  
Oakville, Ontario  
[Telephone: 289-837-1116](tel:289-837-1116)
- 5) **Dr. Abul Ahmed, Psychiatrist, Private Practice**  
16-585 Ontario St.  
Milton, Ontario  
[Telephone: 289-608-8145](tel:289-608-8145)
- 6) **Dr. Amin Muhammad, Psychiatrist, Private Practice**  
2000 Credit Valley Rd.  
Mississauga, Ontario  
[Telephone: 905-997-8182](tel:905-997-8182)
- 7) **Dr. Abdul Zahir Farooqi, Psychiatrist, Private Practice**  
A01- 6435 Erin Mills Parkway  
Mississauga, Ontario  
[Telephone: 905-582-0232](tel:905-582-0232)
- 8) **Dr. Sohail Khattak, Pediatrician, ADHD Patients, Private Practice**  
300 Rossland Rd E.  
Ajax, Ontario  
[Telephone: 905-683-4440](tel:905-683-4440)
- 9) **Dr. Javeed Sukhera – Child and Adolescent Psychiatry**  
871 Trafalgar St.  
London, Ontario  
[Telephone: 519-858-2774 ext. 2504](tel:519-858-2774)
- 10) **Dr. Yusra Ahmad – General Psychiatry (focus on Mindfulness and psychotherapy)**  
500 Yonge St. Medical Centre Suite 308  
Toronto, Ontario  
[Telephone: 647-620-8831](tel:647-620-8831)

## **Muslim Family Doctors with expertise in Mental Health**

- 1) **Dr. Swaleha Gangat – Religious Scholar (Languages: French, Gujrati, Urdu, English)**  
60 Town Centre Court, Unit 3  
Scarborough ON M1P 0B1  
**Phone:** (416) 792-2654  
Book and Appointment through Khalil Center here by clicking [here](#).
- 2) **Dr. Sidra Hasnain – Trained in psychotherapy**  
1-375 Brant St.  
Burlington, Ontario  
**Telephone:** 905-592-3007
- 3) **Dr. Suleiman Furmul**  
3-60 Town Centre Court,  
Scarborough, Ontario  
**Telephone:** 416-792-2654

## **Muslim Mental Health Centers in Greater Toronto Area (virtual therapy available)**

- 1) [Khalil Center](#) (spiritually integrated interventions and counselling)
- 2) [WellNest](#) (culturally competent, faith-based services mental health and wellness services)

## **Private Muslim Counsellors (Not OHIP covered. No referral required):**

- 1) **Asma Maryam Ali, Therapist** (OCT, OACCPP-G, Regulated by the CRPO), B.A., B.Ed., M.A. (Education), M.A. (Counselling Psychology)  
<http://www.concentriccare.com/>
  - **Specialty:** Counselling on Depression, Anxiety, Personality Disorders, Relationship and Family Disputes, Grief and loss, Physical Impairments and Further issues.
  - **Modalities:** Interpersonal Therapy, Cognitive-Behavioural Therapy and Psychodynamic Psychotherapy
- 2) **Sarah Ahmed, BSc, MSW, RSW (Adjunct Lecturer University of Toronto Social Work, Cofounder of Well-Nest, Canadian Muslim Addiction Association and Psychotherapist in Private Practice)**  
Clinical Social Work/Therapist  
<http://www.well-nest.ca/>
  - **Specialty:** Addiction, Mood Disorders, Medical Detoxification, Alcohol Abuse, Anxiety, Behavioural Issues, Bipolar Disorder, Borderline Personality. Chronic Pain, Depression, Divorce, Domestic Violence, Drug Abuse, Emotional Disturbance, Family Conflict, Grief, Internet Addiction, Life Transitions, Marital and Premarital, Obsessive-Compulsive (OCD), Relationship Issues, Self Esteem, Self-Harming, Sexual Addiction, Spirituality, Stress, Substance Use, Suicidal Ideation, Trauma and PTSD, Video Game Addiction, Women's Mental Health Issues, Impulse Control Disorders, Personality Disorders, Cultural and Spiritual Adapted Therapy
  - **Modalities:** Individual Therapy, Group Therapy, Family Therapy, Cognitive Behavioural (CBT), Dialectical (DBT), Emotionally Focused, Family / Marital, Interpersonal, Mindfulness-Based (MBCT), Motivational Interviewing, Solution Focused Brief (SFBT), Strength-Based, Trauma Focused
  - **Languages:** Urdu, Hindi, English
- 3) **Zainib Abdullah, MSW, RSW (Co-founder of Well-Nest, Mental Health Clinician at Toronto Western Hospital and Private Practice)**  
Psychotherapist  
<http://www.well-nest.ca/>
  - **Specialty:** Anti-oppressive, client-centered & trauma-informed therapy. Addressing a Wide Range of Concerns/Challenges including but not limited to Anxiety, Depression, Loneliness, Grief and Loss,

- Trauma, Post-Traumatic Stress, Relationship Challenges and Life Transitions, Abuse & Family violence, ADD & ADHD, Burnout & Stress, Coping with Chronic Illness, Perfectionism & Being a “Workaholic,” Self-esteem & Confidence.
- **Modalities:** Faith-based therapy, Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Sensorimotor & Somatic Psychotherapies, Certified Applied Mindfulness Meditation Specialist, Mindfulness-Based Therapy
  - **Languages:** English, Arabic
- 4) **Reem Abdul Qadir, MSW RSW (Adjunct Professor at the University of Toronto, Faculty of Social Work graduate program., George Hull Center for Children and Families (Etobicoke) and Private Practice)**
- **Specialty:** Individual, Couple & Family Therapy. She also provides Clinical Supervision to social workers, psychologists, art therapists and psychiatrists.
  - E-mail: [community@muslimmeds.ca](mailto:community@muslimmeds.ca) for referral information.
- 5) **Haleh Banani, M.A (Master’s degree in Clinical Psychology)**  
Muslim faith-based family, marriage, and life coaching  
<https://halehbanani.com/>  
Offers skype sessions on her website
- 6) **Marzia Hassan, MSW, RSW (Private Practice)**  
Registered Social Worker  
<http://www.marziahassan.com>
- **Modalities:** Emotionally Focused Couples Therapy, Image Therapy, Cognitive Behavioral Therapy (CBT), Solution Focused Counseling, Acceptance and Commitment Therapy (ACT), MBSR – Mindfulness Based Stress Reduction, Journey Method Practitioner
- 7) **Dr. Saunia Ahmad Ph.D., CPsych (Clinical, Counselling and Health Psychologist at Toronto Psychology Clinic)**  
Registered Clinical Psychologist  
<http://www.drsauniaahmad.com>
- **Modalities:** Cognitive-Behavioural Therapy (CBT), Emotion Focused Therapy (EFT), Dialectical Behaviour Therapy (DBT) (trained in the BPD program at CAMH), Acceptance and Commitment Therapy (ACT), Mindfulness, Family Systems Theory, Psychodynamic, Social Constructionism
  - **Languages:** English, Hindi, and Urdu.
- 8) **Ghazala Fauzia, MA, MSW, RSW (Transformation Counselling, Cedarway Therapy and Private Practice)**  
Registered Social Worker  
<https://www.ghazalafauzia.com/>
- **Modalities:** CBT (Cognitive Behavioural Therapy), EMDR therapy model (Eye Movement Desensitization & Reprocessing), DBT (Dialectical Behaviour Therapy), Solution-Focused Therapy, Gottman Method Couples Therapy, Clinical Counselling Hypnotherapy (C. Hyp)
  - **Specialty:** Trauma, PTSD, Anxiety, Depression, Stress, Insomnia, Grief & Loss, Relationship Issues, Domestic violence/abuse, Separation/Divorce, Parenting and Co-parenting, Healthy Relationships & Healthy Boundaries, Infidelity & Trust Issues, Marital and Pre-marital Counselling, Anger, Self-Esteem & Confidence, Addiction, Time Management, Personal and Career Goal Setting
  - **Languages:** English, Urdu, Punjabi, and Hindi.
- 9) **Dr. Sohail Abbass, PhD, CPsych (Private Practice)**  
Registered Clinical Psychologist  
<https://www.mindhealthcare.ca/>

- **Modalities:** CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement Desensitization and Reprocessing), Eclectic, MBCT (Mindfulness-Based Cognitive Therapy)
- **Languages:** English, French, Urdu, Punjabi, and Hindi

10) **Noorayne Chevalier, BSc, M.A. (Private Practice - Chevalier Psychotherapy)**

Windsor, Ontario, Essex County, and surrounding areas (including Michigan, USA)  
Registered Psychotherapist, Canadian Certified Addictions Counsellor, Limited Licensed Psychologist (Michigan, USA).

<https://chevalierpsychotherapy.com/>

- **Modalities:** SFBT (Solution-Focused Brief Therapy), CBT (Cognitive Behavioural Therapy), MBSR (Mindfulness-Based Stress Reduction)

11) **Dr. Nighat Gilani** (PhD in Psychology, Post-Doctoral Degree)

4304 Village Centre Court  
Mississauga, Ontario Canada L4Z 1S2  
Telephone: 647-985-4134

2555 Erin Centre Boulevard  
Mississauga, Ontario Canada L5M 5H1  
Telephone: (905) 828-0270

- **Modalities:** Cognitive Behaviour Therapy, EMDR Therapy, Emotion Focused Therapy, Focusing Oriented Psychotherapy and Solution Focused Therapy
- **Specialty:** Experience in dealing with personal, interpersonal, and emotional concerns of individuals with diverse ethnic, racial, and cultural backgrounds.
- **Languages:** English, Urdu, Punjabi, Hindi, & Pushto.

12) **Samia Malik-Noor**

Registered Psychotherapist  
151 Harbord Street  
Toronto, Ontario Canada M5S 1H1  
Telephone: (855) 969-4567

603 Argus Road, Suite 200  
Oakville, Ontario Canada L6J 6G6  
Telephone: (855) 969-4567

- **Modalities:** Brief and Long-Term Psychodynamic Psychotherapy for Individuals and Couples , Cognitive Behavioural Therapy (CBT), MBCT (Mindfulness-Based Cognitive Therapy), Grief Recovery
- **Specialty:** Depression, Anxiety, Bereavement, Anger, Grief Loss, Addictions and Trauma, Cultural sensitivity

13) **Taskeen Mansur, MSW RSW**

Email: [taskeen@alumni.utoronto.ca](mailto:taskeen@alumni.utoronto.ca)  
Telephone: 416-802-5548

14) **Abier Elbarbary**

Licensed Psychotherapist  
Email: [abnomadic@gmail.com](mailto:abnomadic@gmail.com)

- **Specialty:** Counseling to Single Mothers, New Muslim sisters, Depression and Anxiety, Mental Illness, Adjustment to Physical Illness, Neurological disorders/Addictive Behaviours, Challenging behaviours, Learning Disabilities, Eating Disorders, Personal and Family Relationship Problems, Coping with Typical/Atypical Work Activities
- **Modalities:** Individual, Couples therapy & Youth Therapy available

**Community Counselling Services (No cost):**

1) **ICNA Family Counselling**

<https://icnareliefcanada.ca/family-counselling>

Email: [agha@icnareliefcanada.ca](mailto:agha@icnareliefcanada.ca)

- **Modalities:** Systems Based, Cognitive-Behavioral and Relationship-Based interventions.
- **Specialty:** Pre-marital Counselling, Marriage Counselling, Comprehensive Family Support, Anger Management, Stress/Time Management, Anxiety and Depression Counselling, Settlement Counselling

2) **SACHS - South Asian Community Health Services - Dr. Maher Hussain, PhD**

<http://www.sachservices.net/p/programs-and-services.html>

Email: [maher2004@gmail.com](mailto:maher2004@gmail.com)

- **Specialty:** Culturally and linguistically appropriate services for South Asian men, women, seniors and youth Programs for mental health and addictions; individual/group counselling, stress management, outreach, prevention programs, couple and marriage counselling, programs for violence, domestic violence and anger management and disease prevention
- **Language:** Hindi, Punjabi, Urdu, Tamil, Gujrati, Malayalam and English

### **Spiritual Counselling (Free):**

1) **The Muslim Chaplaincy at the University of Toronto and Toronto Metropolitan University**

<https://mcuoft.com/counselling/> and <https://www.torontomu.ca/equity/community-networks-committees/muslim-employee-community-network/>

Book a spiritual care counselling session online/in-person

2) **Imam: Shaykh Mufti Ibrahim Qureshi**

E-Mail: [imam@masjidelnoor.ca](mailto:imam@masjidelnoor.ca)

<http://masjidelnoor.ca/commuignity/family-counseling/>

3) **Islamic Institute of Toronto** ( <http://islam.ca> )

Email: [consultation@islam.ca](mailto:consultation@islam.ca) for an appointment

### **Muslim Helplines:**

1) **NISA Helpline** (<https://nisahelpline.com>)

Muslim Women's Helpline but open to all: 1-888-315-NISA (1-866-315-6472)

2) **Naseeha** (<http://naseeha.org>)

Muslim Peer Helpline but open to all: 1-866-NASEEHA (1-866-627-3342)

Call or Text 12pm – 12am 7 days a week

Offers free web therapy in English, French, Urdu, Arabic by video conferencing/phone

### **General Resources:**

- In any **EMERGENCY** - If you or someone you know is experiencing a mental health crisis that you feel requires immediate attention, please seek help through your nearest emergency department, by calling 911, or a local crisis line.
- **Visit your family doctor** as a first step or a walk-in clinic if you are worried about your mental health
- See your **University Health or Wellness Centre: UofT Health and Wellness Centre** (<https://www.studentlife.utoronto.ca/hwc/services-offered>)
- **General Practice Psychotherapy Association (GPPA)** – Covered by OHIP. Family doctor who do psychotherapy require a referral from your family doctor, a physician at a walk-in clinic or a local health centre ([www.gppaonline.ca](http://www.gppaonline.ca))
- **Across Boundaries** - Provide equitable, inclusive and holistic mental health and addiction services for racialized communities within an anti-racism, anti-Black racism and anti-oppression frameworks (<http://acrossboundaries.ca/>)

- **What's Up Walkin** – Free walk-in mental health counselling for youth and young adults. No fee. No OHIP card. (<http://www.whatsupwalkin.ca>)

### Other Distress Resources:

- **General: Distress and Crisis Line:** 408-HELP Line - 24/7 Distress and Crisis Line  
Call 416 408 4357 to reach our 24/7 crisis support line.  
Serves the GTA; 365 days a year, 24 hours a day
- **General CRISIS information and resource:** <https://toronto.cmha.ca/mental-health/find-help/>
- **Anishnawbe 24/7 Mental Health Crisis Management Service:** 416-891-8606 (Aboriginal clients)
- **Assaulted Women's Helpline:** 416-863-0511; Toll Free 1-866-863-0511. Crisis telephone line.
- **Distress Centre:** 416-408-HELP (4357) offers access to emotional support from the safety and security of the closest telephone.
- **Gerstein Centre:** (416) 929-5200 provides crisis intervention to adults; telephone support, community visits and a short-stay residence. All three aspects of the service are accessed through the crisis line.
- **Kids Help Phone:** 1-800-668-6868 is a free, anonymous and confidential phone and on-line professional counselling service for youth.
- **York Support Services Network:** 1-855-310-COPE (2673) 1-866-323-7785 (TTY)
- **Scarborough Hospital Mobile Crisis Program:** 416-495-2891
- **Toronto Seniors Helpline:** 416-217-2077 is a specialized service for seniors in Toronto which provides assistance in stabilizing age-related mental health and addiction crises, risk and safety assessments, immediate referrals to community mobile crisis units, and support for families and caregivers
- **Toronto Rape Crisis Centre:** 416-597-8808
- **Youthdale's Crisis Support Team:** (416) 363-9990 assesses each child's risk and mental status through telephone interviews and if required, Mobile Response. Any parent or legal guardian in Ontario can call the Youthdale Psychiatric Crisis Services and get immediate access to trained professionals 24 hours a day, seven days a week.
- **Emergency Shelter Central Intake:** 416-338-4766; Toll Free 1-877-338-3398
  - Streets to Homes Assessment and Referral Centre (129 Peter Street): 416-392-0090
  - Walk in referral to emergency shelter and street respite.
- If you are looking for **Information & Referral services in Ontario:**
  - **ConnexOntario** offers province-wide information and referral services for those with mental health or addiction challenges. You can visit their website at: web address, or you can call the following numbers which operate 24 hours a day, 7 days a week:
- **Mental Health Helpline,** 1-866-531-2600
- **Drug and Alcohol Helpline,** 1-800-565-8603
- **Ontario Problem Gambling Helpline,** 1-888-230-3505
- **Family Navigation Project:** Provide expert navigation of the mental health and addictions service system for youth aged 13-26 and their families, who are living in the Greater Toronto Area (GTA)
  - Telephone: 1-800-380-9FNP (1-800-380-9367) or email: [familynavigation@sunnybrook.ca](mailto:familynavigation@sunnybrook.ca)

### Educational Resources:

1. **Khalil Center** (U.S.A): Utilizes Faith-based approaches rooted in Islamic theological concepts while integrating the science of psychology towards addressing social, psychological, communal, and spiritual health. <https://khalilcenter.com>
2. **Resources for Anxiety/Depression:** "Mind Over Mood" by Dennis Greenberger (Cognitive Behavioural Therapy Workbook Resource)
3. **Resources for Anxiety:** <https://www.anxietybc.com>
4. **Inspiring Muslim Minds, Muslim Medical Association of Canada**  
Seminar Videos and Handouts: [www.muslimmeds.ca](http://www.muslimmeds.ca)



Questions/Navigating Mental Health System: [community@muslimmeds.ca](mailto:community@muslimmeds.ca)

Canadian Muslim Mental Health Conference – Seminars: [www.muslimmeds.ca](http://www.muslimmeds.ca)

5. **Institute of Muslim Mental Health** ([www.muslimmentalhealth.com](http://www.muslimmentalhealth.com))
6. **Institute for Social Policy and Understanding** (U.S.A): <https://www.ispu.org>
7. **CAMH: Patient and Family Resources** <https://www.camh.ca/en/health-info/crisis-resources>

If you have any further questions regarding mental health supports or resources, please contact [community@muslimmeds.ca](mailto:community@muslimmeds.ca).

Jazakhallah,

