



FY24 Mental Health Resource Guide for Afghan Arrivals and Service-Providers

Introduction

This resource aims to provide a wide range of mental health support specifically tailored for Afghan refugees in the United States as they navigate the challenges of displacement and resettlement. Our goal is to raise awareness about the importance of mental well-being and ensure that individuals have access to the necessary resources for support. By sharing tools and encouraging an environment where asking for help is normalized, this resource aims to promote a healthier, more proactive outlook on mental health and well-being.

Background

Afghan newcomers in the United States grapple with numerous mental health issues stemming from their experiences of displacement, cultural shock, conflict, trauma and acculturation stress. Many endured harrowing journeys marked by violence and loss of loved ones, which left deep emotional scars. These experiences often manifest in symptoms of post-traumatic stress disorder (PTSD), depression, anxiety, and other psychological conditions.

Issues like language barriers, cultural adjustment challenges, and the pressures of resettlement further compound their distress and may hinder access to adequate support and care. Moreover, cultural stigma surrounding mental health issues may prevent Afghan arrivals from seeking help. Thus, addressing the mental health needs of Afghan arrivals requires culturally competent and trauma-informed approaches that prioritize accessibility, community support, and de-stigmatization to foster healing.

In efforts to support individuals in need of mental health assistance, this document provides a comprehensive guide to mental health resources, providers, and emergency hotlines. Designed for affiliate offices, this guide aims to facilitate referrals for clients experiencing mental illness and/or who need psychiatric care, including those who wish to receive services in their native language.

Support and Training for Staff

If you are not a mental health provider, remember that you do not have to manage the situation on your own. It is advised that staff only provide services and support that they have training for, as it can otherwise cause unintentional harm.

If you are working with someone that needs mental health support, you can consult with your supervisor, mental health division, and/or contact hotlines to ask for guidance on how to support your client. You can also call a support hotline together with your client.

Lastly, receiving ongoing training is important for staff. [Switchboard](#) and [U.S. Committee for Refugees and Immigrants \(USCRI\)](#) are great resources for training on this topic. Some resources include [Facilitating Discussions About Mental Health with Afghan](#) and [Psychological First Aid \(PFA\) To Support Clients Affected By The Crisis In Afghanistan](#). In addition, [Mental Health First Aid](#) provides training on how to safely and responsibly identify and address a potential mental health or substance use challenge.

Directories

Regional

Bay Area California	http://www.bayareamuslimtherapists.org/ Languages: English, Arabic, Farsi, Dari, Urdu
Southern California	www.socalmuslimtherapists.org Languages: English, Arabic, Farsi, Dari, Urdu
DC-Metro Area (DC, VA, MD)	http://www.dmvmuslimcounselors.com//providers/ Languages: English, Urdu, Arabic
Texas (Dallas, Ft. Worth)	https://www.mapsnetwork.org/maps-dfw Languages: English, Arabic, Farsi, Urdu
Michigan	https://www.thefyi.org/michigan-muslim-mental-health-directory/ Languages: English, Arabic, Farsi, Dari, Urdu

Mental Health Providers

International Association of Islamic Psychology Practitioner Directory	https://www.islamicpsychology.org/database Languages: English, Arabic, Urdu
SEEMA (Muslim Therapist Directory)	https://seemamentalhealth.com/find-a-therapist/ Languages: English, Arabic, Urdu
Institute for Muslim Mental Health	https://muslimmentalhealth.com/contact-us/ Languages: English, Arabic
Therapy for Muslims	https://therapyformuslims.com Languages: English, Farsi, Dari, Turkish, Arabic

Khalil Center	https://khalilcenter.com/contact/ Languages: English, Arabic, Urdu, Hindi
Telehealth Services (USCRI)	https://refugees.org/the-behavioral-health-support-program-for-afghans/ Languages: Dari, Pashto
URGENT Screening (USCRI)	https://forms.office.com/pages/responsepage.aspx?id=q9Yun69v3EqjRp3-e4iJRiWhXkwzoitOty7z4yo7Y3ZUQVdKMzhNUUNLWIUOFVGOERaVzQ2SU4zSCQIQCN0PWcu Languages: English
Multilingual Counseling Center	https://www.multilingualcounseling.com/ Languages: Dari, Farsi, English
Amina Seddiq	seddiqa@lssnca.org Languages: Dari, Pashto
Dr. Rania Awaad	info@khalilcenter.com Languages: English
Dr. Fahad Khan	info@khalilcenter.com Languages: English, Urdu, Hindi, Punjabi
Dr. Samar Harfi	info@khalilcenter.com Languages: English, Arabic
Shaima Sediqi*	ssediqi@consumersselfhelp.org

**Outreach Wellness Mentor (pending license)*

Languages: Dari and English

Hotlines

Mental Health Providers

<p>Afghan Wellness Helpline (USCRI)</p>	<p style="text-align: center;">1-800-615-6514</p> <p>Languages: Dari, Pashto</p> <p style="text-align: center;">Email: afghanmh@uscrimail.org</p>	<p>https://refugees.org/the-behavioral-health-support-program-for-afghans/#ResourcesSection</p>
<p>Naseeha</p>	<p style="text-align: center;">1-866-627-3342</p> <p>Languages: English, Arabic</p>	<p>https://naseeha.org</p>
<p>988 Suicide and Crisis Lifeline*</p> <p><i>*Expanded crisis services include but are not limited to substance abuse, economic worries, relationships, depression, sexual identity, recovering from abuse, mental and physical illness, loneliness, and others. Case managers are also encouraged to call if they are concerned about clients and need advice.</i></p>	<p style="text-align: center;">Call or Text 988</p>	<p>https://988lifeline.org/</p>
<p>Crisis Text Line</p>	<p style="text-align: center;">Text HOME to 741741</p>	<p>https://www.crisistextline.org/</p>

Additional Counseling Resources and Organizations Focused on Mental Wellness

The Wright Institute Clinical Service | <https://www.wi.edu/wi-clinical-services>
Assessments and psychotherapy services for individuals, adults, couples, and families.

Partnerships for Trauma and Recovery | <https://traumapartners.org/join-us/>
Clinical services for international survivors of war trauma, torture, and persecution.

Refugee and Immigrant Transitions | <https://www.reftrans.org/>
Wellness services for Afghan women.

Alameda County Behavioral Health Services | <https://bhcsproviders.acgov.org/providers/Access/access.htm>
Screening and referrals to mental health clinicians for clients living in Alameda County, CA.

Afghan Coalition | <https://afghancoalition.org/>
Clinical psychotherapy, social work, family therapy and wellness services.

Lifelong Medical | <https://lifelongmedical.org/>
Mental health services for registered primary care patients.

The Family & Youth Institute | <https://thefyi.org>
Research and education organization that provides mental health services to the Muslim community.

ICNA Relief | <https://icnarelief.org/mfs/resources/>
Volunteer-based organization that provides mental health services and resources to Muslim families.

Institute for Muslim Mental Health | <https://muslimmentalhealth.com>
Promotes emotional health and well-being through research, education, training, and a network of mental health professionals.

Islamic Social Service Association | <https://issausa.org>
Liases between secular and other faith social services and mental health providers for Muslim communities.

Stanford Medicine | <https://med.stanford.edu/mmhip/about.html>
Studies of mental health and psychology in the context of the Islamic faith and Muslim populations.

American Muslim Health Professionals / Mental Health First Aid Program |

<https://amhp.us/mhfa/>

Certification program that introduces participants to risk factors and warning signs of mental health issues like anxiety, depression, schizophrenia bipolar disorder, eating disorders, substance abuse, and addictions, and builds understanding of their impact.

Muslim Wellness Foundation | <https://muslimwellness.com>

Addresses anti-Muslim bigotry by utilizing holistic and spiritually grounded psychological approaches.

Stones to Bridges | <https://www.stonestobridges.org/>

Anonymous support platform by counselors and peers that allows Muslim youth to freely and comfortably express and address their mental health struggles and life concerns.