

Muslim Mental Health Matters



U.S. Muslims are two times more likely to attempt suicide compared with other religious groups, according to a recent study published in JAMA Psychiatry.

You can change this statistic.

Muslim Wellness Day

Sunday, March 6, 1-4pm

**Central Library
201 W Mifflin St**

Muslim adults and families: learn about the signs of depression and how to support your loved ones who are struggling. Judgement from the community often prevents Muslim Americans from seeking mental health services. Come learn from a licensed Muslim mental health professional about resources and tools to get the help you need.

No registration required.

Muslim Mental Health Symposium

**Monday, March 7,
10:30am-1pm**

VIRTUAL

Therapists, counselors, and other professionals: earn continuing education hours while learning about the unique needs and experiences of Muslim clients in order to better understand and serve them. Session led by a professional from the Family and Youth Institute in Detroit.

Please RSVP at the link below by February 28th

Learn more at madpl.org/muslim-mental-health

Muslim Mental Health Symposium & Muslim Wellness Day are Library Takeover events in partnership with Madison Public Library and funded by Madison Public Library Foundation.