

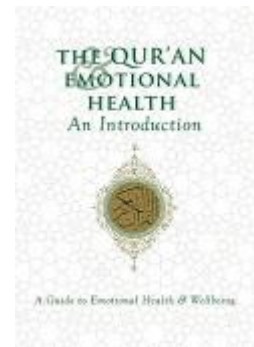
The Qur'an & Emotional Health: An Introduction

What can I expect?

As an A5 size 32 page booklet it is designed to sit easily in different settings; mosques, community centres or GP surgeries. By outlining emotional and mental health needs in an Islamic context, it also supports health and social care professionals to work more effectively with Muslims and Muslim communities.

In the booklet you will find clear information, advice and guidance on:

- The Qur'an & Emotional Wellbeing
- Speaking to your GP
- Stress & Anxiety, Depression, PTSD, OCD, Psychosis and Schizophrenia
- Medical terms and what they mean
- Securing Emotional Wellbeing
- Emotional Needs & Resources
- Healing the Nafs – or the self
- Relaxation exercises
- Cognitive techniques
- Advice on diet and exercise
- National services
- Technical terms for non-Muslims in the form of a glossary



Who has benefitted from 'The Qur'an & Emotional Health: An Introduction'?

The booklet is being used:

- By local Mind associations in Bradford, Rochdale, City & Hackney (London), Bedford Luton & Milton Keynes, York, Dudley, Newport (Wales) and Ipswich
- To inform interventions which support Muslims in secondary mental health care
- By GPs seeking to prescribe self-help books to Muslim patients
- By Health & social care professionals working with Muslims or Muslim communities
- By counsellors, psychotherapists and mental health workers delivering one-to-one interventions
- By community engagement workers as a tool to improve their work
- With support groups and psychological education courses