



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE



Supporting Students, Staff, Families, and Communities Impacted by Anti-Islamic Hate

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities impacted by anti-Islamic hate.

AMALA

[The Muslim Youth Hopeline](#) is a free text line providing peer support to Muslim youth.

American Friends Service Committee.

[3 Ways We Can Support Muslim Students-and Create More Inclusive Spaces for All.](#) This blog post by Zareen Kamal provides resources and steps for creating inclusive spaces for students.

Colorín Colorado

[How Schools Can Create a Safe Environment for Muslim Students.](#) This resource list links to excellent toolkits, tips, education, and strategies for supporting Muslim students.

The Family and Youth Institute

[Mental Health Research.](#) This page outline strategies to reduce barriers to treatment and promote culturally-competent services for Muslims that promote mental health and well-being.

Institute for Social Policy and Understanding

[Mental Health Toolkit: Resources for Muslim Healthcare Advocates.](#) This toolkit includes resources for individuals and mental health professionals to effectively address the unique mental health challenges that Muslims face.

Learning for Justice

[Countering Islamophobia](#). This lesson helps students explore, confront and deconstruct stereotypes targeted at Muslims. Students will learn about the impact of Islamophobia and create an anti-Islamophobia campaign to display in school.

[Expelling Islamophobia](#). This article outlines why anti-bullying policies are not enough in the fight against Islamophobia in schools.

Muslim Wellness Foundation

[Trauma & Grief: Coping in the American Muslim Community](#). This toolkit of resources is designed to benefit Muslim communities and facilitate further conversations on faith, wellness, and collective healing.

Naseeha

[Naseeha](#) is a call and text mental health hotline answering calls from Muslims and non-muslims.

Public Broadcasting Service NewsHour

[How Teachers Can Support Students During Ramadan](#). Ramadan is a month in the Islamic calendar when Muslims observe fasting from sunrise to sunset. And it can be a difficult month for many to get through, especially students who have to go through a normal school day without eating or drinking. For schools, it's important to provide an environment for students where they feel safe to practice their religion, but maybe more importantly, one that ensures their well-being during the school day.

Stones to Bridges

[Stones to Bridges](#) allows youth to submit anonymous questions to professional Muslim counselors.