Supporting Students, Staff, Families, and Communities Impacted by Anti-Muslim 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 Islamophobia and anti-Muslim violence.

Emergency/Immediate Help

- **988 Suicide & Crisis Lifeline** provides free, confidential, 24/7/365 support to anyone in the U.S., whether or not they are thinking about suicide. Simply dial or text **988**.
  For ASL support, dial **711-988**.
  Substance Abuse and Mental Health Services Administration (SAMHSA) + Vibrant Emotional Health

- **The Muslim Youth Hopeline** is a free, anonymous helpline which provides resources and culturally competent counseling to Muslim youth across the U.S. Call hours are Monday, Wednesday, Friday – Sunday from 9pm–1am EST. A text line is also available Wednesdays and Sundays from 6pm–10pm EST. Call or text **855-95-AMALA** during open hours.
  AMALA

- **Naseeha Mental Health Hotline** provides free, immediate, and confidential support to young Muslims in North America. Open daily from 12pm–12am EST. Call or text **866-NASEEHA**.
  Naseeha

- **Nisa Helpline** offers free and anonymous peer counseling, referrals, and holistic support to Muslim women across North America. Open daily from 10am–10pm EST. Call **888-315-6427**.
  Nisa Foundation

Quick Assistance (short fact sheets & guides)

- **3 Ways We Can Support Muslim Students – and Create More Inclusive Spaces for All** is a brief blog post providing resources and actionable steps to help educators, parents, peers, and school staff counter Islamophobia and create safe and welcoming schools.
  Zareem Kamal for American Friends Service Committee

- **10 Things You Can Do to Challenge Islamophobia** is an up-to-date blog post outlining key strategies, organizations, and policies which readers can support to oppose and prevent anti-Muslim and anti-refugee violence.
  American Friends Service Committee

- **How Schools Can Create a Safe Environment for Muslim Students** compiles numerous resources such as toolkits, news articles, books, and videos to help educators address anti-Muslim discrimination in the classroom and throughout the school community.
  Colorín Colorado

- **How Teachers Can Support Students During Ramadan** is a brief article sharing ways schools can ensure Muslim students feel safe and cared for while fasting during Ramadan.
  PBS News Hour

- **Mental Health Toolkit: Resources for Muslim Mental Healthcare Advocates** provides numerous materials to help individuals and mental health professionals meet the unique mental health needs of American Muslim adults and children.
  Institute for Social Policy and Understanding

- **Protecting Our Muslim Youth from Bullying: The Role of the Educator** is a quick read for educators seeking specific strategies to cultivate affirmative and inclusive learning environments
  stopbullying.gov by *the U.S. Department of Health and Human Services*

In-depth Information (longer articles & toolkits)

- **American Muslim Mental Health Research** outlines pathways to promote culturally competent mental health services for Muslims and reduce barriers to treatment.
  The Family & Youth Institute

- **Building Cultural Responsiveness: A Toolkit for Youth-Serving Professionals** is a comprehensive guide intended to help healthcare providers offer appropriate supports to young people from backgrounds and with identities different than their own.
  Advocates for Youth

- **Expelling Islamophobia** is an article outlining why anti-bullying policies are not enough in the fight against Islamophobia in schools. Embedded in the article is Muslim Students in America which is a brief video highlighting the voices, experiences, and insights of four American Muslim high school students.
  Learning for Justice

- **Islamophobia in American Public Schools** stresses the need to increase awareness of anti-Muslim biases and assumptions among educators and school community members, in order to create more tolerant and just learning environments.
  Muslim Matters

- **Kids are Balancing Fasting and School During Ramadan. How to Support Them** provides helpful information about Ramadan, and shares advice from experts about how to foster a school environment which cares for and encourages young students observing the holiday.
  Education Week

- **Rethinking Islamophobia** is a journal article written by Muslim educator Alison Kysia, who guides readers through the creation and implementation of a lesson plan which empowers students to fight Islamophobia by elevating the voices and experiences of Black Muslims.
  Rethinking Schools

- **Supporting Arab & Muslim Students in the Classroom** is the first in a multi-part series which responds to the question, "What are important considerations that educators should keep in mind when teaching Arab and Muslim students?"
  Education Week

- **Trauma & Grief: Resources for Coping in the American Muslim Community** offers support to Muslim communities through simple teachings and recommendations about healing, faith, and wellness.
  Muslim Wellness Foundation

Interactive Resources (videos, mobile apps, books, etc.)

- **Countering Islamophobia** is a lesson plan aimed at teaching high school students about harmful stereotypes and misconceptions about Muslims and guiding them through the creation of an anti-Islamophobia campaign to be featured at their school.
  Learning for Justice

- **Creating Cultural Competencies** is an initiative designed to equip teachers with the materials, curricula, and trainings needed to confront, dismantle, and responsibly educate students on Islamophobia and anti-Muslim racism.
  University of Illinois Chicago School of Education + American Friends Service Committee

- **Dear Fatima** allows youth to seek advice anonymously from professional Muslim counselors, as well as gain insights from archived questions and answers.
  Stones to Bridges

- **Islamophobia: A People's History Teaching Guide** is a compilation of lessons for advanced students who want to engage with diverse Muslim perspectives and topics.
  Challenge Islamophobia by *Teaching for Change*

- **Muslims** is a curated list of books written by, about, and for Muslims. The critically reviewed selection of titles is divided into Elementary, Middle School, Young Adult/Adult categories, and is an excellent catalog for parents, educators, and learners of all ages.
  Social Justice Books by *Teaching for Change*