



9th of October 2019

ANIC National Khutbah (Sermon)

“Take time for Mental Health”

The Australian National Imams Council (ANIC) urges all Imams, Khateebis and community leaders this **Friday 11th of October 2019** to dedicate their Friday Khutbah (*Sermon*) addressing

“Take time for Mental Health”

ANIC Recommends the Following Points to be Addressed:

- Islam recognizes all aspects of health including physical, emotional and spiritual health which on a holistic basis impacts on our state of mind and mental health
- Our religion is the final message and it is complete in every way for all times and places. The Prophet Muhammad Peace Be Upon Him experienced many trials and hardships in this world which also impacted on his health and wellbeing. It was a combination of his belief, support from his wives, companions and guidance from Allah SWT that supported him during his various trials and tribulations.
- This week it is mental health week in Australia. And mental health is important for every single one of us, yet it is a part of life that is often overlooked. Busy lives get in the way of us caring for our mental health, as does a fear of feeling vulnerable if we reveal our mental health challenges. "Many people see mental illness or mental problems as if they would diminish their self-esteem or make them look 'crazy' or unstable. Due to this there's a lot of shame, stigma and denial in the community.
- Every day is an opportunity to shine a spotlight on what all of us can do to look after our mental health and reach out to those who need support.
- When dealing with Mental health it is a combination of turning to our Faith and at the same time seeking the help of health professionals which needs professional care and assistance. Faith can absolutely play a positive role in overcoming mental illness much the way that prayer and faith assist us in times of physical illness as well
- There are simple yet proven things everyone can do to support mental health and wellbeing. ANIC encourages breaking down the stigma associated with mental illness and reaching out to people in our communities who need support and seek professional advice.
- **Where to go when more help is needed?** If you are experiencing a mental health issue or concern, the biggest priority may be getting some help. Having a chat with a local doctor is a good first step towards getting the right support and treatment.

Finally, The Australian National Imams Council (ANIC) thanks All Imams, Khateebis and Community leaders for their outstanding leadership, tireless efforts, cooperation and support on this matter.

Kind Regards,

Australian National Imams Council



MORE DETAILS

FACTS About online activities

- 92% of teens go online daily. Social media satisfies the need they have to belong.
- Young people go to great lengths to present themselves in the best light online. 300 selfies! 27.4% of teens have experienced bullying. 21% were found to be at risk of depression.
- Social media use impacts many aspects of well-being in teens. Heavy use, especially at night results in:
 - Poorer sleep quality
 - Lower self esteem
 - More anxiety
 - Higher levels of depression
 - Suicide is the top cause of death amongst teens

Know the SIGNS

It's important to recognize that there are different types of mental illness

Change for a healthier lifestyle

Research shows there are simple actions we can take to improve our moods, build resilience and boost wellbeing.:

- Take time to **Pray**- prayer and Dhikr (remembrance of Allah) is an important factor to have hope and faith.
- Take time to **be active and Exercise** — it's good for your mind as well as your body.
- Take time to **learn** — learning new things can make you more confident as well as being fun.
- Take time to **give** — practicing acts of kindness, volunteering time, or simply helping a friend in need can help you feel more satisfied with life
- Take time to connect — spending time with other people is important to everyone's mental wellbeing
- Take time to enjoy the moment — paying more attention to the present and the world around you helps relieve stress and makes you feel better
- Take time to care for our planet — keeping our planet in shape is the best recipe for world wellbeing.
- Eat healthy and **Eat Dinner as a FAMILY**
- Children who eat dinner with their families are 20% less likely to drink, smoke, or use illegal drugs.
- Teens who eat dinner with their families are at lower risk for:
 - Thoughts of suicide and depressive symptoms
 - Are emotionally stronger and have better mental health
- Teens who have more family dinners per week are twice as likely to report receiving mostly A's and B's at school.
- Children who eat with their families are more likely to eat healthier foods and more balanced meals (body-mind connection!)



WE ARE THE AGENTS FOR CHANGE

- **If your child is in need of mental healthcare, HELP is available.**
- No one/family should suffer in silence.
- There is NO SHAME in struggling with mental health.
- Shame thrives on secrecy!!!!
- Don't wait until things reach a crisis

If you want to make a difference in your community:

- Get training on mental health and know its signs
- Have a list of resources available in your masjid
- Invite psychologists and social workers to give talks at your Islamic center
- Have khutbahs on mental wellbeing
- Share your knowledge

PLEASE REMEMBER:

- For many suffering mental illnesses their perception is *THEIR* reality.
- Listen without **judging, interpreting, advising, or evaluating**- don't be quick to respond.
- Restate to them what you heard so they know you understood what they were saying. They NEED to feel validated in how they are feeling.
- Have compassion and see the person and NOT the illness.
- SEEK help for those you love. It's the best thing you will ever do.
- Remember: children want our acceptance. Love them. Be Kind to them.
- **BE BRAVE & DON'T WAIT UNTIL ITS TOO LATE**