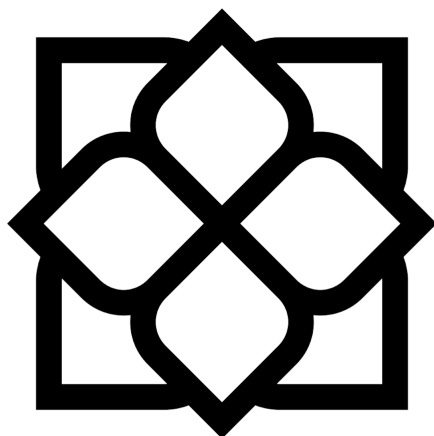




MUSLIM MENTAL HEALTH INITIATIVE OF ATLANTA

Muslim Mental Health Initiative of Atlanta (MMHIA)
Community Resource Guide
Updated: December 2024



Muslim Mental Health Initiative of Atlanta (MMHIA) is a 501(c)(3) nonprofit organization established in 2020 to reduce stigma associated with mental health in the Atlanta/Georgia Muslim community through dialogue, education, research, and training.

We envision a healthy and well-informed Atlanta/Georgia Muslim community that has a strong understanding, appreciation, and awareness of mental and emotional health, as well as access to culturally competent mental health resources and care.

We have produced this Community Resource Guide to give imams, spiritual leaders, and community members local and national resources to assist those who may be in need of professional services. We hope that this resource guide will benefit you and your community.

If you have any questions, comments or concerns, please do not hesitate to reach out to us at: contactmmhia@gmail.com.

We regularly post content on our social media pages, and we encourage you to follow them to stay up to date with upcoming webinars, events, or coffee meet ups, in addition to informative content.

Website: <https://mmhiatlanta.com/>

FaceBook: <https://www.facebook.com/MMHIAtlanta>

Instagram: <https://www.instagram.com/mmhiatlanta/>

Be well,
Muslim Mental Health Initiative of Atlanta



Disclaimer: Muslim Mental Health Initiative of Atlanta (MMHIA) is not responsible or liable for any referrals.

Differences Between Different Mental Health Providers

Psychologists are practitioners that have received a PhD (doctor of philosophy) or PsyD (doctor of psychology) and have received supervision and training in providing clinical services. They specialize in providing therapy services, and assessments, focusing more on behavioral/emotional change. Psychologists are not typically able to prescribe medications, while psychiatrists can. Psychiatrists are medically trained, with an M.D. degree. Most treatment planning with psychiatrists involves medication.

Counselors, therapists, and social workers are usually Master-level providers, and have a range of expertise depending on their individual training. This can range from therapy and counseling to advocacy and social services support and guidance.

An LCSW can diagnose issues, plan assessment-based treatment and provide psychotherapy without supervision. An LMSW cannot.

When choosing a provider, you will want to ask if they have training and experience with the area of support you are seeking (e.g., medication, therapy, psychological evaluation, etc.).

Type of Provider	Degree	Can Prescribe Medication?	Able to provide therapy?	Able to provide diagnoses?	Extensive training in providing therapy?	Extensive training in providing comprehensive diagnostic evaluations?
Psychologist	PhD or PsyD	No	Yes	Yes	Yes	Yes
Psychiatrist	M.D.	Yes	Sometimes	Depends on diagnoses	No	No
LPC	M.S. or PhD	No	Yes	Depends on diagnoses	Yes	No
LCSW	M.S. or PhD	No	Yes	Depends on diagnoses	Yes	No



Local Resources

Crisis Stabilization & Emergencies

1. Emergency Police: 911 (ask for a CIT [Crisis Intervention Trained] officer)
2. Georgia Crisis and Access Line: 988 or alternatively 1-800-715-4225 | www.georgiacollaborative.com
3. Suicide Prevention Lifeline: 1-800-273-8255(TALK)
4. Grady Psychiatric Emergency Clinic for Adults: 404-616-4762
5. United Way: 211 | 211online.unitedwayatlanta.org
6. NAMI National Helpline: 1-800-950-6264 (NAMI)
Available Monday - Friday, 10 AM - 6 PM | www.nami.org
7. Peer Support "Warm Line": 1-888-945-1414
8. Cobb/Douglas Crisis Stabilization Program
404-794-4857
www.cobbcsb.com
5400 S. Cobb Drive
Smyrna, GA 30080
9. DeKalb CSB – DeKalb Regional Crisis Center
404-892-4646
www.dekcsb.org
450 Winn Way
Decatur, GA 30030
10. LINK's National Resource Center for Suicide Prevention and Aftercare
Provides suicide-related community education in prevention, intervention, aftercare and support.
http://www.thelink.org/national_resource_center.htm



Muslim Mental Health Organizations & Agencies

1. **Centre for Islamic Counseling & Guidance** is a non-profit organization that serves to build information bridges between scholars of Islam, Masajid, individuals and organizations. The center is also determined to help in Islamic schools with any part of their curricular as well as providing advice and counseling/arbitration services.
Website: <https://islamiccounseling.org>
2. **ICNA Muslim Family Services** offers counseling to families and youth.
Website: <https://v01.icnaatlanta.org/icna-relief/counseling/>
3. **Therapy for Muslims** is a comprehensive website that will have an extensive directory of Muslim mental health practitioners, resources, articles, and more.
Website: <https://therapyformuslims.com>
4. **SEEMA** advocates to embrace and empower mental health by way of support groups, educational workshops, social activities, and access to professionals, to eradicate mental health stigma within the Muslim community. SEEMA offers virtual support groups to both individuals living with a mental health condition, as well as their families and loved ones.
Website: <https://seemamentalhealth.com>
5. **Muslim Mental Health Institute** has been mobilizing mental health professionals interested in caring for Muslims to exchange resources, disseminate original research on Muslim mental health, trained professionals and community leaders, mentored students and young professionals, and connected American Muslims to mental health services.
Website: <https://muslimmentalhealth.com>
6. **Khalil Center** is a non-profit organization offering Traditional Islamically Integrated Psychotherapy (TIIP) and specialized training for professionals. Services include counseling, religious consultation, psychiatric services, psychological assessments, community education, and community education.
Website: <https://khalilcenter.com/>
7. **Maristan** is a non-profit organization grounded in Islamic traditions. Maristan is dedicated to advancing holistic, mental and spiritual wellness through professional clinical care, education, and research.
Website: <https://maristan.org/>

Muslim Social Service Agencies in Georgia

1. **Makkah International Institute**
Speciality: Offers language courses, test prep, summer camps, adventure excursions, Daycare, Homeschool, Arabic and Wellness Services
Email: info@makkahinstitute.org
Phone Number: 770-676-9242



Address: 4158 Stone Mountain Hwy, Suite A
Lilburn, GA 30047

Website: <http://www.makkahinstitute.org/>

2. Custodians of Faith, Inc.

Specialty: Feeding efforts and basic needs with a focus on the unhoused population

Email: rashad0416@netzero.net

Phone Number: 678-973-9991; 678-548-4776

Address: N/A

Website: N/A

3. Coweta Teen Mothers and Babe Service Center, Inc.

Specialty: Temporary Housing & Supportive Services For Pregnant & Parenting Teens

Email: Lyniece Muhammad

cowetateenmothers@hotmail.com

Phone Number: 770-808-9108

Address: N/A

Website: www.cowetateenmoms.org

4. Giving Back to Humanity, Inc.

Specialty: Provides food, clothing, shelter, educational programming, job training, counseling, family planning

Email: N/A

Phone Number: 404-784-6015; 678-531-1755

Address: N/A

Website: N/A

5. Glitter of Hope

Specialty: Refugee and orphan services for children & families

Email: info@glitterofhope.org

Phone Number: 678-978-4000

Address: 4040 Falls Ridge Dr., Alpharetta, GA 30022

Website: www.glitterofhope.org

6. Jannah, Inc.

Specialty: Transitional services for those transitioning from incarceration, homelessness, and substance issues

Email: jannahinc2011@gmail.com

Phone Number: 404-452-3312

Address: N/A

Website: www.jannahinc.webs.com

7. Muslimah Consultation Group, Inc.

Specialty: Social service initiatives for Muslim women and women of faith; includes: assessment and referral services, financial assistance and support, monthly confidential support groups, crisis consultation and referral, community outreach.

Contact: Taryn L. Siddiq (Founder)

Email: themuslimahconnection@gmail.com

Phone Number: 770-338-3709

Website: www.muslimahconnection.org

8. Share Atlanta, Inc.



Specialty: Social service assistance for rent, auto, utilities, medical for uninsured, food, clothing, and emergency child care assistance

Email: info@share-atlanta.org

Phone Number: 404-419-6468

Address: N/A

Website: www.share-atlanta.org

9. Sisters United in Human Service, Inc.

Specialty: Social service organization provides training to Muslim girls; serves halal meals to the homeless and hungry weekly; annually provides warm essentials & neighborly needs to unhoused, seniors, and others; offers scholarships to students attending college; conducts various outreach workshops/programs; and annually hosts an interfaith health and human service conference focused on physical, mental, and spiritual health.

Contact: Shahidah Sharif, President

Email: sistersunitedinhumanservice@gmail.com

Phone Number: 770-465-2995

Address: PO Box 360893, Decatur, GA 30036

Website: www.sistersunited.org

10. Zakat U.S.A.

Specialty: Providing for basic needs of the poor and less fortunate Muslims and Non- Muslims in the USA

Email: givingback2humanity@yahoo.com, Jabal1470@yahoo.com

Phone Number: 678-859-5798

Address: N/A

Website: www.givingback2humanity.org

Culturally-Familiar Social Service Agencies in Georgia

1. **Your Desi Helpline's** mission is to support the health and well-being of the South Asian population, in particular their mental and emotional health. You will find a list of South Asian clinicians offering services in the metro Atlanta area.

Website: <https://yourdesihelpline.com>

2. **International Rescue Committee Atlanta** creates opportunities for refugees and immigrants to integrate and thrive in Georgia communities.

Website: <https://www.rescue.org/united-states/atlanta-ga>

3. **Center for Victims of Torture Georgia** extends rehabilitative care to refugees and asylum seekers, incorporating the specialized care that is most effective for survivors of torture who have fled their countries to the U.S. in search of safety and a new beginning.

Website: <https://www.cvt.org/where-we-work/georgia>

4. **Center for Pan Asian Community Services (CPACS)** is a nonprofit organization, established as the first and largest Asian and Pacific Islander health and human service agency in the Southeast region. They offer a wide range of services, including counseling.



Website: <https://cpacs.org>

5. **Tapestri** serves immigrant and refugee women, children, and men who are victims or survivors of domestic violence, sexual abuse, human-trafficking and unaccompanied minors.

Website: <https://tapestri.org>

6. **Aguirre Center for Inclusive Psychotherapy** is committed to providing excellent psychological services for our communities, with a special focus on those who hold marginalized identities, including Black, Indigenous, People of Color (BIPOC) and to gender, sexuality or relationship minorities.

Website: <https://www.inclusivepsych.com>

7. **North Star of Georgia Multicultural Counseling** offers a variety of services, including counseling, that are geared toward developing from the negatives and addressing key problems in one's life. They offer services in English, Bengali, Hindi, Urdu, and Tagalog.

Website: <http://northstarofgeorgia.com>

8. **Raksha** is an organization that provides case management and counseling services, primarily to South Asian and immigrant survivors of domestic violence and sexual assault.

Website: <https://www.raksha.org>

9. **Noor Family Services** is an organization that offers assistance, case management, and counseling services to survivors of domestic violence.

Website: <https://noorfamilyservices.org>

Low-Cost Providers

1. **Georgia State University Psychology Clinic**

Website: <https://psychologyclinic.gsu.edu>

2. **Emory University Psychological Center**

Phone Number: 404-727-7451

3. **Chris180**

Website: <https://chris180.org>

3. **Metropolitan Counseling Services**

Phone Number: 404-321-0305

4. **Georgia Community Mental Health Service Boards**

Website: <https://dbhdd.georgia.gov/behavioral-health>

5. **Care and Counseling Center of Georgia**

Located in Decatur, GA; 404-636-1457

Clinicians and Providers

Licensed Professional Counselors (LPC)



Nadim Ali, LPC, MAC

Specialty: Family, Marriage, Premarital Counseling, Depression, Substance Abuse

Email: nadimlpc@gmail.com

Phone Number: 678-820-9053

Address: Virtual Only /Telehealth Sessions Only

Website: <https://nadimali.com/>

Sarah Butt (Ansari), LPC

Virtual counseling only via Zoom

Specialty: Self harm, Depression, Anxiety, Low Self-Esteem, Bullying, Multicultural issues (focus: teens (13+) and adult women)

Email: rekindlehopecounseling@gmail.com

Phone Number: 678-468-4448

Address: n/a

Website:

<https://www.psychologytoday.com/us/therapists/sarah-ansari-kennesaw-ga/157969>

Insurance accepted: Aetna, Cigna, Cigna EAP/Evernorth, Tricare, Humana, UHC, Optum, CareSource, Amerigroup, Peachstate, Ambetter, BCBS/Anthem, Magellan and private pay.

Samera Sheikh

Specialty: N/A

Email: samera.sheikh@gmail.com

Phone Number: 404-271-9495

Address: 2801 Buford Hwy, Suite 501
Atlanta, GA

Website: <https://www.facebook.com/SameraSheikh.LPC> or

<https://www.psychologytoday.com/us/therapists/samera-sheikh-atlanta-ga/112721>

Najam Mehmood

Specialty: N/A

Email: N/A

Phone Number: 770-598-9475

Address: Parkway Psychotherapy and Wellness
390 Prospect Place
Alpharetta, GA 30005

Website: <http://parkwaypsychotherapyandwellness.com/najam/>

Rabia Khan

Specialty: Individual and Family

Email: counselorrabia@gmail.com

Phone Number: 678-777-5479

Address: 300 Colonial Center Parkway , Suite 100



Roswell, Georgia 30076

Website: <http://www.counselorrabia.com/>

Timeka L. Muhammed

Speciality: N/A

Email: N/A

Phone Number: 770-692-4804

Address: The Courage to Cope Counseling Services LLC
Union City, GA 30291

Website: <https://www.thecouragetocope.com>

Banu Ibaoglu

Specialty: N/A

Email: banu@smyrnacounseling.com

Phone Number: 470-223-5139

Address: 1260 Concord Road, Suite 203
Smyrna, GA 30080

Website: N/A

Nationally Certified Counselors (NCC)

Counselors who hold the NCC and wish to do private practice counseling must still comply with all state laws regulating the practice of counseling. They must obtain a state license in order to do private practice counseling. National counselor certification from NBCC demonstrates to the public and employers that the counselor has voluntarily met the national standards set by the counseling profession. It is not a license to practice.

Amenah Arman

Speciality: Artists, Creatives, and Minorities

Email: sitmtherapy@gmail.com

Phone Number:

Address: N/A

Website: <https://saneinthemembrane.com>

Naa'ila Moumaris-Clay

Specialty: Anxiety, depression, couples counseling, women's issues

Email: info@thatclaycouple.com

Phone Number: 678-995-3242

Address: N/A; Clinician is able to see clients virtually.

Website: www.thatclaycouple.com

Licensed Clinical Social Workers (LCSW)



Saveen Sundrani

Specialty: PTSD, Grief, and mood disorders

Email: N/A

Phone Number: 404-941-3760

Address: Sandy Springs, GA

Website:

<https://www.psychologytoday.com/us/therapists/saveen-sundrani-atlanta-ga/849288>

Aisha Choudhry

*Clinician is currently **only** offering virtual counseling.*

Specialty: Trauma informed therapist, working with women coping: perinatal/postpartum issues, divorce, family violence, and childhood abuse; and children dealing with divorce, childhood abuse, and trauma.

Email: aihudha2@gmail.com

Phone Number: 770-331-2053

Address: *Clinician is currently seeing clients virtually.*

Website: www.ihsancounseling.org/

Davis Vaughn

Specialty: Individual and family therapist specializing in the diagnosis and treatment of neurological and behavioral disorders in children, adolescents, teens and young adults.

Email: daviscvaughn@gmail.com

Phone Number: 404-414-4575

Address: 4939 Lower Roswell Road Building C, Suite 201
Marietta, GA 30068

Website: parkaireconsultants.com

Mohammad Ali Zafar, LCSW/LICSW

Specialty: Open to all clients

Email: support@ajwacounseling.com; mzafar@ajwacounseling.com

Phone Number: 832-802-8071

Address: *Clinician provides telemental health services.*

Website: <https://www.ajwacounseling.com>

Ngoneh Bullard

Specialty: Postpartum Depression, Depression, Substance Use

Email: N/A

Phone Number: 404-923-8360

Address: BetterSelf, LLC
6268 Oakdale Road Southeast
Mableton, GA 30126

Website:

<https://www.psychologytoday.com/us/therapists/betterself-llc-mableton-ga/376754>



Curlisha Adeelah Creighton, LCSW, MAC

Specialty: Women's Issues, Adult, Trauma, Mental Health, Substance Abuse

Email: info@counseling360.org

Phone Number: 678-632-4004

Address: N/A

Website: Counseling360.org

Licensed Master of Social Work (LMSW)

Sabeen Rana

Specialty: N/A

Email: sabeen@thenoorspace.com

Phone Number: 470-296-1999

Address: *Clinician is currently seeing clients virtually.*

Website:

<https://www.psychologytoday.com/us/therapists/sabeen-rana-lawrenceville-ga/746773>

Yasmeenah Grunden, LMSW

Specialty: Children, Adolescent, Teen, Parenting, Mental Health

Email: info@counseling360.org

Address: N/A

Website: Counseling360.org

Marriage & Family Therapists (LMFT)

Flavia Marline Almonte

Specialty: Marriage and Family

Email: info@flaviaalmonte.com

Phone Number: 470-519-7027

Address: *Clinician is currently seeing clients virtually.*

Website:

<https://www.psychologytoday.com/us/therapists/flavia-marline-almonte-peachtree-corners-ga/410377>

Rimsha Khan (*Clinician is currently pre-licensed*)

Specialty: Relationships, depression, anxiety, trauma, substance abuse and women's issues.

Email: Rimshamft@gmail.com

Address: Telehealth

Website:

<https://www.psychologytoday.com/us/therapists/rimsha-khan-atlanta-ga/1155359>



Psychologists (PhD)

Dr. Fatima Wasim

Specialty:

Email: fatima.wasimphd@enayacc.com

Phone Number: 678-235-5054

Address: 1071 Cambridge Square, Suite B
Alpharetta, GA 30009

Website: <https://www.enayacc.com>

Dr. Sakinah Rasheed, PhD, PsyD

Specialty: Dr. Rasheed accepts insurance & cash payments and Specializes in helping individuals overcome Depression, Anxiety, and problems with Marriage, Relationships, Grief, Family, Career, Child & Adolescent Issues Providing online psychotherapy and assessments at Sondermind

Email: rasheedsakinah2@gmail.com

Phone Number: (762) 901-3332; Text your request for the link to her Sondermind website

Address: 160 Clairemont Avenue Suite 200
Decatur, GA 30030

Website: <http://www.advantage-coach.com/>

Dr. Alia Azmat (*Clinician is currently pre-licensed, and is working under supervision until to acquire hours for independent licensure.*)

Specialty: Anxiety, depression, family of origin concerns, internalized racism and sexism, grief/loss, self-esteem and trauma

Email: therapywithdr.alia@gmail.com

Phone Number: 470-238-8395

Address: *Clinician is currently seeing clients virtually.*

1244 Clairmont Road

Decatur, GA 30030

Website:

<https://www.psychologytoday.com/us/therapists/alia-azmat-decatur-ga/861409>

Dr. Humama Khan

Specialty: Depression, Anxiety, Trauma, Identity, Women's Issues, Grief, Child Psych

Email: DrKhan@KhanPsych.com

Phone Number: 770-331-4882

Address: *Clinician is currently seeing clients virtually.*

Website: <https://tinyurl.com/DrHKhan>

Dr. Zena Dadouch



Specialty: PTSD, Adjustment Disorder, Mood & Anxiety Disorders across the lifespan, Depression, Anger, Early Psychosis, relationships/premarital/couples counseling & More

Email: Admin@Sakinah.Center

Phone: 803-220-1853

Address: Augusta, GA based but seeing clients in-person AND virtually

Website: www.sakinah.center

Psychiatrists (M.D)

Dr. O.S. Hindash

Specialty: N/A

Email: azurerama@gmail.com

Phone Number: 678-799-9277

Address: 801 Macy Drive
Roswell, GA 30076-6333

or

1275 Shiloh Rd NW, Suite 2250
Kennesaw, GA 30144-7186

Website: <https://www.azureforhealth.com/dr-hindash>

Dr. Yassar Kanawati

Specialty: Child/Adolescent/Adult/Addiction

Email: N/A

Phone Number: 404-249-8496

Address: 1720 Peachtree St NW, Suite 320
Atlanta, Georgia 30309

Website: <https://peachtreefamilypsychiatryclinic.com>

Dr. Rukhsana Rizvi

Specialty: Experience in treating adolescents, adults, and geriatric patients

Email: info@thepsychiatristmd.com

Phone Number: 770-837-9710

Address: 1902 Macy Drive Roswell, GA 30076

Website: <http://thepsychiatristmd.com>

Dr. Yasmeen S. Fareeduddin

Specialty: Child/Adolescents

Insurance: Kaiser

Email: N/A

Phone Number: N/A

Address: N/A

Website:



<https://healthy.kaiserpermanente.org/georgia/clinicians/yasmeen-fareeduddin-2032728>

ABA Therapy / Autism BCBA Services

ABA (Applied Behavior Therapy) is highly individualized and can take place in a variety of settings, including schools, homes, clinics, and other community settings. ABA therapy can help people with autism improve their social interactions, learn new skills, and increase positive behaviors.

Aysha Siddiqui, BCBA with ZEMS Behavioral Services

Specialty: Independent contractor of ABA (Applied Behavioral Analysis) therapy with a supervisor; Autism Treatment, ADHD, ABA Therapy, Family training

Email: zemsbehavior@gmail.com

Phone Number: 770-800-7517

Website: N/A

Life Coaches

Therapists are trained mental health professionals and require licensure; life coaches do not have mental health training and are not equipped to diagnose or treat mental health conditions (unless a life coach was previously trained as a therapist, which is also common). Life coaching focuses on setting and achieving goals (to achieve personal or professional goals) and therapists focus on mental health and emotional healing.

Aalia Siddiqui

Specialty: Emotional Intelligence, Social Intelligence, Family Systems, Human Element, Personal Power, Spirituality and Purposeful Living

Email: aalia.siddiqui@yahoo.com

Phone Number: 630-863-2924

Website: <https://www.coachaalia.com/>

Omnia Abdel-Gawad

Specialty: N/A

Email: aspirations@byomnia.com

Phone Number: N/A

Address: N/A

Website: <https://byomnia.com>

National Resources



Mental Health 4 Muslims

(www.mentalhealth4muslims.com)

Mental Health 4 Muslims aims to bring to light important mental health issues as they relate to the Muslim community.

Stones to Bridges

(<http://www.stonestobridges.org/>)

Stones to Bridges is an online platform for Muslim youth to get answers regarding their personal issues ranging from depression, anxiety, addiction and other issues. Questions are answered by certified and qualified counselors. This website also offers personal stories, informational articles and a list of useful mental health resources.

The Institute of Muslim Mental Health

(<http://www.muslimmentalhealth.com/>)

The Institute of Muslim Mental Health is a national non-profit organization dedicated to community outreach, research and education. It offers an online directory of Muslim mental health professionals, an annual conference on Muslim Mental Health and produces a peer-reviewed, academic journal entitled: "The Journal of Muslim Mental Health".

MuslimCounselors.org

(www.MuslimCounselors.org)

Comprehensive list of counselors and therapists in the DC Metro Area.

Nasiha Counseling

Nasiha Counseling is a New York-based counseling center. You may call Nasiha Counseling, LLC for a free consultation at (646) 571-0529.

NASEEHA – Muslim Youth Helpline

(<https://www.naseehausa.org/helpline-textline>)

NASEEHA provides a confidential youth helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 6 – 9 pm, Monday to Friday (Eastern Standard Time). Launched in 2006, Naseeha is a telephone support line for young Muslims in North America, to talk about, and work through their issues with trained counselors.

Helpline —1 (866) 627-3342 | Available 24 hours a day, 7 Days a week

You may also access their website using the above link for a chat function. Please look for the chat icon.

TeenCentral.Net

(<http://www.TeenCentral.net>)

Teen Central, the place to get teen help for teen problems. This web site is for teens and by teens.

**Islamic Social Services Association-USA**

(<http://www.issausa.org/>)

ISSA-USA aims to provide support to social service providers through education, training, and services.

Peaceful Families Project

(www.peacefulfamilies.org)

The Peaceful Families Project is devoted to preventing abuse in Muslim families through training, education, and research.

Project Sakinah

(www.projectsakinah.org)

Project Sakinah is an initiative against Muslim domestic violence and abuse, offering support to the Muslim community to stop family violence and support.

The Family & Youth Institute

(<https://thefyi.org>)

The Family & Youth Institute is a national mental health research and education non-profit focusing on Muslim Americans' well-being.

Ruh Care

(<https://www.ruhcare.com>)

Ruh Care is an online therapy platform that connects users to licensed Muslim therapists via phone and live video chats.