

UNITÉ

~mental health for the youth by the youth~

MENA Community Mental Health Resources

Hotlines

- **Naseeha mental health helpline: 1-866-627-3342**
- **Amala Muslim Youth Hopeline: 855-95-AMALA**

Low Cost/Free Resources :

- **Ayadi (ayadihealth.co)**
- **Arab-American Family Support Center Workshops
(www.aafscny.org/roh/workshops-trainings/)**
- **Middle East Eating Disorder Association (meeda.me)**
- **Shezlong (www.shezlong.com/en/)**

Podcasts: & Mobile Applications

- **Middle East Eating Disorders Association Podcast (apple podcasts, spotify)**
- **MindTales (app store, google play)**
- **07 Therapy (app store, google play)**

you are never alone!