

DEPRESSED?

ANXIOUS?

LOST?

STRUGGLING?

LACK OF PURPOSE?



AHMADIYYA
MUSLIM JAMA'AT
Canada

MENTAL HEALTH

Why would the All Merciful God
leave us without a solution?

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ISLAMIC GUIDANCE FOR MENTAL PEACE

In a world filled with stress, anxiety, and uncertainty, Islam offers a path to inner tranquility and resilience. The Holy Quran provides solace:

"It is only in the remembrance of Allah that hearts can find comfort."

This verse is not merely poetic; it is a divine assurance that turning to Allah brings peace to troubled hearts. The Holy Quran reminds us:

"And when My servants ask thee about Me, say: 'I am near. I answer the prayer of the supplicant when he prays to Me.'"

— Surah Al-Baqarah, 2:187



KEY PRACTICES FOR MENTAL WELL-BEING



Regular Prayer (Salat)

Establishing a routine of five daily prayers fosters discipline and a direct connection with Allah, providing solace during challenging times.



Recitation of the Holy Quran

Reciting the Holy Quran soothes the mind and heart — its words bring calm, clarity, and a deep sense of connection with God that eases anxiety and lifts the spirit.



Seeking Forgiveness (Istighfar)

Regularly asking for Allah's forgiveness can alleviate feelings of guilt and promote spiritual clarity.

"IF YOU REMEMBER ALLAH, IT WILL GIVE COMFORT TO YOUR HEART."

— Hazrat Mirza Masroor Ahmad,
Khalifatul Masih V (May Allah be his helper!)