

مجلس الأئمة القادرين الأستراليين

AUSTRALIAN NATIONAL IMAMS COUNCIL



26 October 2022

ANIC NATIONAL KHUTBAH (SERMON)

The Australian National Imams Council (ANIC) urges all Imams, Khateebis and community leaders this *Friday, 28 October 2022*, to dedicate their Friday Khutbah (Sermon) addressing:

“Mental Health Month”

One in four individuals living in Australia are affected by mental illness annually. This is a call to action not only to our Muslim brothers and sisters directly or indirectly impacted by mental health challenges.

It is a call to many of us who are impacted by the current and ongoing events across the nation, and the increased uncertainty and anxiety that has ensued.

In addition to mental health challenges, social isolation is a growing challenge facing Muslims across the country. In a climate of growing anti-Muslim sentiment, there continue to be negative sentiments towards Muslims living in Australia, often isolating them from the broader Australian community. Such social isolation and loneliness can impact a person's physical and mental health and has been linked to mental illness, emotional distress, and suicide.

There is a strong stigma associated with seeking support within the community which means that Muslims tend to only access services at points of crisis. This needs to change. Prevention is the best intervention and it starts with a conversation.

Looking after your mental health can mean different things for different people, but the whole idea of the World Mental Health Day campaign is to raise awareness around some of the more common things that can work, as well as encourage people to seek help if they need it.



As a commitment this month, we encourage communities to take steps towards actions each day around looking after their mental health. It might be taking time out, eating well, sleeping well, showing gratitude, connecting with a friend or family member, or taking time to pray. The more individuals and organisations committed to promoting mental health awareness, the more we reduce the stigma surrounding mental ill health and play our part in creating a mentally healthy ummah.

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

Kind Regards,

Australian National Imams Council

Download the Document on Mental health from an Islamic Perspective from the Centre of Muslim Well-Being

If you need help, Contact:

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| Centre for Muslim Wellbeing navigator - | 0472 66 8010 |
| Hayat Line - | 1300 993 398 |
| Beyond Blue (24/7) - | 1300 22 4636 - beyondblue.org.au |
| Kids Helpline (24/7) - | 1800 55 1800 - Kidshelpline.com.au |
| ReachOut - | reachout.com |
| R U OK? - | ruok.org.au |
| Lifeline (24/7) - | 13 11 14 - lifeline.org.au |
| Headspace- | headspace.org.au |
| Headtohelp - | 1800 595 212 |

**MENTAL
HEALTH
MONTH
OCTOBER**