

# Mental Health & Islam



Mental and emotional well-being are integral components of Islam

The Quran highlights principles of compassion and justice which encourages us to care for individuals with mental illness with empathy and respect.

When Europe was still in the dark ages, and attributed mental illness to demonic possession, Muslim scholars were already developing their *Ilm al-Nafis* (science of self) which was a precursor to modern psychology.

Psychiatric hospitals and mental health wards were set up as early as the 8th century, and the first was founded in 705 in Baghdad.

Muslim scholars such as Al-Razi and Ibn Sina were among the first to write about mental illness as a treatable medical condition.

Mawlana Hazar Imam continues this legacy of nurturing mental wellbeing. The AKDN ethical framework states “An equal, if not greater, emphasis was placed on mental health since the preservation of sound mind is among the foundational principle of Islam’s ethical code.”



If you or someone you know is struggling, please reach out to your healthcare provider or ACCESS for more information

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