



## Fact check

# Islam and mental health

We have fact checked four common misconceptions about mental health that may be held by Muslims.

### Common misconceptions

Mental illness is a  
sign of low or weak  
iman (faith)

Mental illnesses are  
a punishment from  
Allah

You can't combine  
'western' therapies  
with spiritual  
therapies

People who suffer  
from severe mental  
health conditions  
need treatment in a  
mental hospital

### Fact checked

Mental health problems are very common. 1 in 3 people will experience them during their lifetime.

Even the Prophet (PBUH)<sup>1</sup> suffered what was termed 'a year of sorrow'.

Everything happens by the will of God. A person falling ill because of a physical or mental health condition is the will of God.

The Prophets suffered immensely and they were the best of creation.

If you are going to try other therapies, be open with your doctor/clinician and come up with an agreed 'personalised care plan'.

If you are trying faith based therapies, this doesn't mean you can't have medications or talking therapies alongside it. This doesn't negate our trust in Allah. We always believe that He ultimately cures.

With correct treatments, most people get better and can have full meaningful lives.

Most people don't need to be admitted to hospital to have treatments and, if they do, usually it's a short stay and further treatment can continue with home treatment teams.

### Evidence from Quran and Sunnah

The Prophet (PBUH) said when his son Ibrahim died 'Verily the eyes shed tears, the heart grieves and we are saddened... but we will not say except that which is pleasing to our Lord'.<sup>2</sup>

Tests in life have many wisdoms, including bringing one closer to Allah. 'Allah loves the patient ones'.<sup>3</sup>

'It (the Quran) is for those who believe, a guide and a healing' also 'There is no disease that Allah created except that He has also created its cure'. This doesn't specify that the cure has to be from spiritual therapies only.<sup>4</sup>

As mentioned above 'There is no disease that Allah created except that He has also created its cure'.<sup>5</sup>