

My duas and my fasting of Ramadan is answered. I found Sukoon, I have been looking for something like this for so long. I desperately need[ed] Sukoon."
-Community member

SUKOON HELPLINE

In February of 2023, we successfully launched the Sukoon Helpline, providing free, confidential, and culturally informed emotional support. This lifeline has become a beacon of hope, especially during non-traditional service hours.

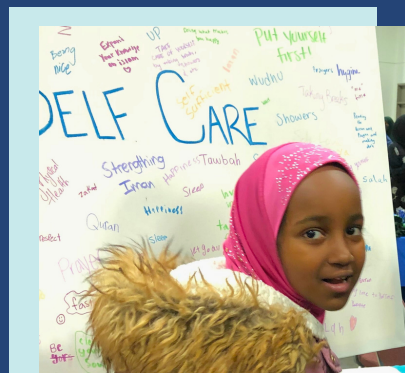


Roughly 75% of Helpline conversations involve returning users demonstrating trust and ongoing support.

14
Crisis Situations De-escalated (suicide, domestic violence, anxiety attacks & substance abuse)

20
Helpline Respondents Trained

450+
Volunteer service hours completed on the Helpline



SUKOON STORIES

“Suleiman and Mohammad are both wonderful respondents. May Allah bless them. Both made me feel so safe and grounded in a moment when I was physically shaking from how guilty I was about speaking with someone about my depression. I struggle with extreme guilt around asking for help and both helped me feel like I mattered and was cared for. They eased me into the discussion and were so incredibly encouraging. They don't know how much they helped me and I hope they are rewarded a million times for what they've done.” -Helpline Caller

“Caller was deeply upset about the situation in Gaza and felt isolated due to perceived discrimination when discussing it with other helplines... Our 40-minute conversation provided support, and he expressed gratitude. I'm glad we talked. He sounded a lot better at the end of the call versus the beginning.” -Helpline Respondent

2023 IMPACT REPORT

SUKOON

HEALING OF THE MINDS

We envision a community where culturally competent, holistic, faith-informed mental health support is accessible to all. Our mission is to bridge the gap in support and bring healing to minds in distress.

www.sukoonhealingoftheminds.org



TRAINING & EDUCATION

By facilitating educational sessions and engaging hundreds through community events and social media, we empowered our community to take proactive steps toward mental well-being.

27 Sessions of building awareness, empowerment & skill-building.

Individuals who benefited from these sessions. **600+**

91% Of those surveyed reported being inspired to take action or self-reflect.

These sessions included:

- Breaking the Silence Series (BTSS)
- Mental Health First Aid (MHFA)
- Helpline Respondent Training
- Healing Circles
- Custom-Built Workshops

2,500+
Engaged in-person at community events.

15,600+
Reached through social media.

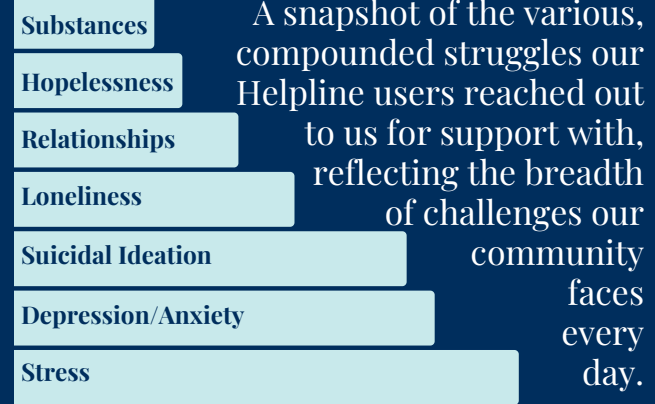
"This [program] has made me want to speak out and actually take action. I have felt like my voice does not matter but now I feel more power and want to take action"
-HH Attendee

"The speakers were all uniquely human, their words of meaning easing my heart and granting me hope. I love how they extracted meanings from the Quran and the teachings of the last Prophet, peace be upon him.... It made me feel less helpless and worried, making my voice heard." - HC Attendee

"I enjoyed learning about the interplay between the physiological and Islamic perspectives in developing resilience and hearing examples of how the Prophet (SAS) inculcated resilience within his community. These sessions are great, please keep them coming!"
-BBTSS Attendee



Watch some of the Training & Education session recordings on our YouTube channel!



For more information or to make a gift, visit our website!
Follow us on Social Media!



@sukoon_healingoftheminds



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