

Last Updated: November 7, 2023

The UMB Student Counseling Center (SCC) recognizes these are challenging times. Students impacted by local, national, and international news seeking additional support are encouraged to reach out to the SCC. You may call the SCC directly at (410) 328-8404 and indicate that you have been impacted by recent events.

Students are also welcome to use the SCC same-day service appointments at 2 p.m. Monday - Friday. Appointment requests should be made online. These appointments are offered on a first come, first served basis and should be requested on the day you are available to meet with a counselor.

Providers in the Muslim Community

1. **Imam Connect, for Islamic Therapy:** Imam Connect makes professional Muslim therapy accessible, affordable, convenient – so anyone who struggles with life's challenges can get help anytime, anywhere. To for swift communication, students should contact **Annie Khan**, by email: annie@imamconnect.com or WhatsApp: +44-7311-156-42 (<https://imamconnect.com>)

Imam Connect has offered **15%** off session discount for UMB students, contact Annie for more information!

2. **Islamic Leadership Institute of America Baltimore:** All ILIA programs follow the Islamic creed, jurisprudence, and etiquettes. Organization offers support groups and social services. (<https://baltimore.islamicleadership.org/home>)
3. **Maryam Yasmin Therapy and Consulting:** Maryam Yasmin Therapy & Consulting is a boutique private practice and consulting firm obsessed with culture based in Baltimore. (<https://maryamyasmintherapy.com>)
4. **Integrated Heart Psychotherapy:** This is a safe and supportive space for individuals and partners, regardless of identity or relationship dynamics to explore their inner worlds and find self-acceptance. (<https://integratedheart.org>)
5. **UMEED Center for Healing Relationships, LLC:** Dr. Misbha Qureshi, 240-209-9652