

Muslim Therapy Providers in Nashville

Helplines/Hopelines

Naseeha

Naseeha is a Muslim mental health helpline that provides culturally competent and spiritually appropriate counseling to diverse populations. This helpline is specifically designed to address the unique mental health challenges faced by Muslims, and it offers confidential and non-judgmental support to those in need. 12 PM – 3 AM, 7 days a week.

1 (866) 627-3342

<https://naseeha.org/helpline-and-textline/>

Amala Youth Hope Line

[855-95-AMALA](tel:855-95-AMALA)

<https://amala.mas-ssf.org/>

HOURS OF OPERATION

Mondays, Wednesdays, Fridays, Saturdays, and Sundays

Between the Hours of 6 PM -10 PM PST

We are also offering text-in services Wednesday & Sunday 6PM – 10PM PST.

Amira Mohamad, LPC/MHSP – ReVital Counseling

Amira has her own part-time private practice, identifies as Muslim, and is open to prioritizing Muslim VU students who may struggle to find providers in the community with whom they can identify.

- Referrals: Students can refer themselves by emailing Amira directly at support@re-vitalcounseling.com. They should also use this link <https://revitalcounseling.mytheranest.com/account/signup> to complete intake paperwork and confirm insurance information.
 - Students can also find Amira’s information on [WellTrack Connect](#)
- Insurance Accepted: Student Health Insurance Plan (SHIP) through Aetna, Cigna, and Amerigroup
- Appointments: virtual and/or in person and weekend availability.
- Miscellaneous information: students will be charged a full session fee for any no show appointments. These fees are not covered through the Student Care Assistance Program (SCAP) either.
- Potential for group therapy
- Office address: 103 Continental Place, 2nd floor, Suite 3, Nashville, TN



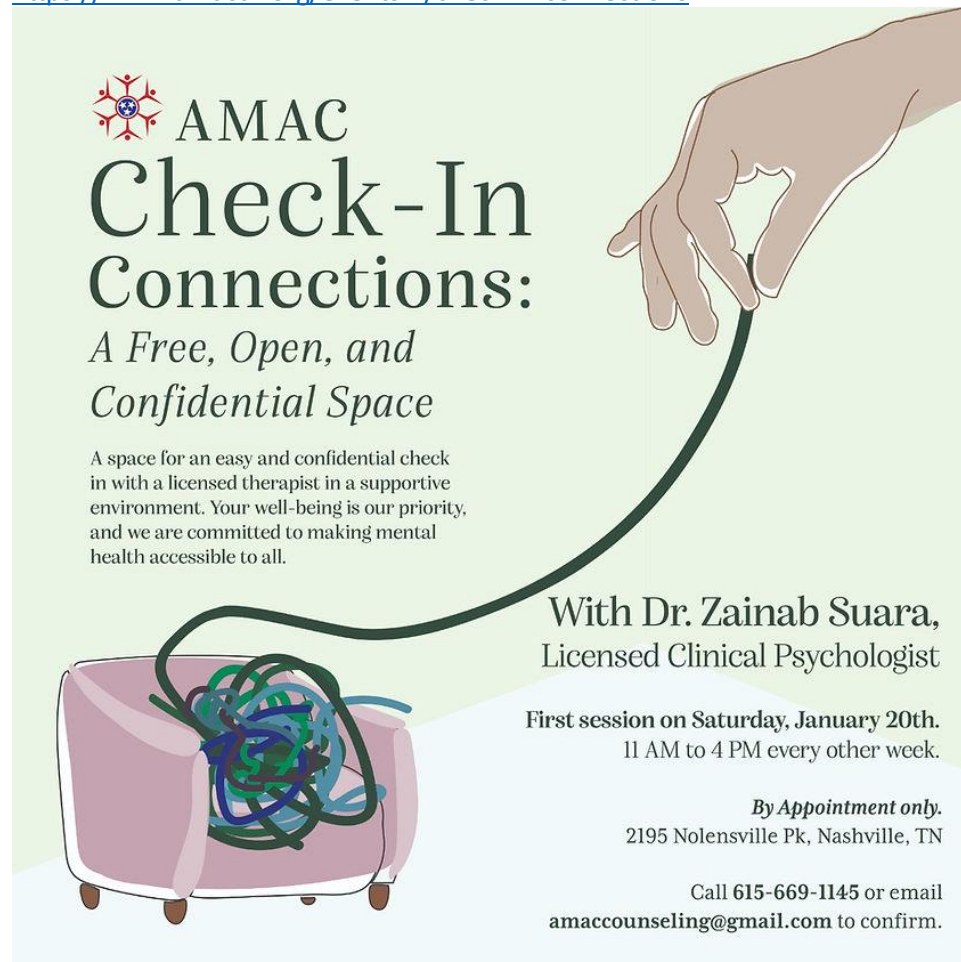
Zainab Suara, PsyD – LifeStance Counseling

Zainab provides individual therapy through LifeStance Counseling, identifies as Muslim, and focuses on mental health disparities, working with individuals who have suffered trauma and providing culturally responsive mental health services in her practice.




- Referrals: Students can connect and schedule an appointment directly through Lifestance at <https://lifestance.com/provider/zainab-suara-psyd/>
 - Students can also notify SCC if they are hoping to schedule with Zainab and SCC can directly message her.
- Insurance Accepted: Student Health Insurance Plan (SHIP) through Aetna, Humana, Optum (United HealthCare), Tricare East, Evernorth (Cigna), Sana Benefits
- Appointments: virtual and/or in person
- Zainab is also offering free check in consultations in partnership with the American Muslim Advisory Council in Nashville. Sessions are by appointment and available every other Saturday. See the flier below for more information.
- Office address: 660 S. Mount Juliet Rd, Suite 130, Mount Juliet, TN

<https://www.amactn.org/events-1/check-in-connections>



The flyer features a light green background with a large illustration of a hand reaching down from the top right to hold a black cord that loops around a pink suitcase filled with tangled colorful wires. The text is arranged in a clean, professional layout.

 **AMAC**
Check-In
Connections:
A Free, Open, and Confidential Space

A space for an easy and confidential check in with a licensed therapist in a supportive environment. Your well-being is our priority, and we are committed to making mental health accessible to all.

With Dr. Zainab Suara,
Licensed Clinical Psychologist

First session on Saturday, January 20th.
11 AM to 4 PM every other week.

By Appointment only.
2195 Nolensville Pk, Nashville, TN

Call 615-669-1145 or email
amaccounseling@gmail.com to confirm.

Muslim Therapy Providers in Tennessee (virtual appointments)

Suha Dweik, Pre-Licensed-LPC

Suha's diverse background has equipped her to work with individuals struggling with anxiety, depression, trauma, and life transitions. She identifies as Muslim and works with her clients on racial identity and multi-cultural/inter-generational issues. See Suha's Psychology Today profile [here](#).



- Referrals: Students can refer themselves by emailing Suha directly at sdweik.hec@gmail.com or by calling 901-440-8580 and ask to schedule with Suha.
- Insurance Accepted: Student Health Insurance Plan (SHIP) through Aetna and Cigna. Self-pay appointments are \$75/session.
- Appointments: virtual, with availability on Thursdays and Fridays
- Office address: 5545 Murray Avenue, Memphis, TN 38119

Sharehan Ayesh, LCP-MHSP, NCC

Sharehan is a Muslim therapist who provides trauma-informed care which focuses on victims of crime and victims of torture. See Sharehan's Psychology Today profile [here](#).



- Referrals: Students can refer themselves by emailing Sharehan directly at sharehanayesh@hotmail.com or by calling 901-254-3156.
- Insurance Accepted: Student Health Insurance Plan (SHIP) through Aetna, Cigna, BlueCross BlueShield, Humana, TennCare, UnitedHealthCare, and more.
- Appointments: virtual appointments available
- Office address: Bartlett, TN 38134