

## INTRODUCTION

One of the most neglected topics of concern within the wider Muslim community is the treatment of mental health. Countless students and young adults who struggle with their mental health are unable to seek assistance due to cultural and societal pressures, contrary to what Islam teaches. Our purpose for this conference is to provide the Islamic frameworks and resources for dealing with mental health issues, bring awareness to this underrepresented topic, and ultimately break the negative stereotypes that reinforce the constant backlash we receive as Muslims in modern society within the world of mental wellness.



## TARGET AUDIENCE



University Students

Faculty & Staff

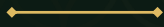
Community Members

Support Services Users

Religious and Cultural Groups



# Activities Planned



## Workshops & Seminars

- Islamic Stress Management Techniques
- Finding Strength in Faith
- Effective Communication in Relationships
- Islamic Psychology in the Modern Context

## Panel Discussions

- Speakers who have experience in Islam and mental health are preferred



# Questions Answered!



## Do you have other FUNDING SOURCES?

As of right now, we do not have any other funding sources. We are currently looking to see if we can get funding from administration or outside communities that are not affiliated with UC Davis



## Questions Answered!



### Rate Funding Requests in PRIORITY

We would like to priority to be:

- 1) Honoraria, Guest Speakers –  
*\$10,000*
- 2) Food, Refreshments,  
Lunch/Dinner –  
*\$4,500*
- 1) Room Booking Fees –  
*\$500–1,000*

## Questions Answered!



### ARE YOU ASKING FOR FUNDING FOR non-UC Students

No, the current \$20,000 budget we have is anticipating the 650 students that we estimate will be UC Davis students. We are anticipating another 150 people to be non-UC Davis students.

Thank You!

