

Alhamdulillah, the National Lajna Mental Health Committee participated in the 2025 National Ijtema through a presentation and a booth. Please see below for a report of our activities.

Presentation about Lajna Mental Health Committee at 2025 National Ijtema

Alhamdulillah, during the National Ijtema, the National Lajna Mental Health Committee held an informational presentation to the Lajna body present regarding:

1. The procedure of the Mental Health Committee
2. The history of how the Mental Health Committee came to be
3. The committee's commitment to care and confidentiality

Additionally, the committee answered some questions about the committee and mental health after the presentation had concluded.

Lajna Mental Health Committee Booth at 2025 Ijtema

Alhamdulillah, the National Lajna Mental Health Committee also held a booth on Friday afternoon, Friday evening, and Saturday afternoon. Committee Members wore identifying t-shirts with the QR Code to the 'Resolution of Matters Form' if Lajna Members wanted to reach out to the committee while speaking to a Committee Member.

The total number of Lajna members who approached the booth were 450 Lajna members. This number was calculated through the 400 cups (for drinks) that were handed out over the two days, 100 on Friday and 300 on Saturday, and the approximate number of Lajna Members who approached the booth solely for the pamphlets and speaking to the Committee Members.

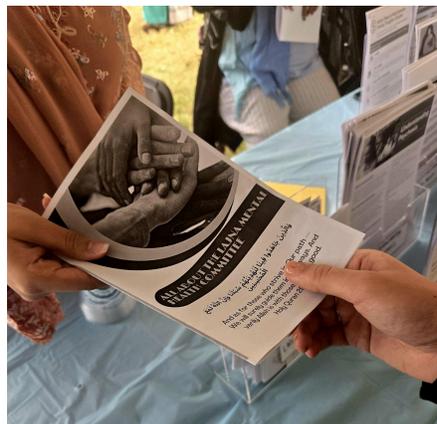
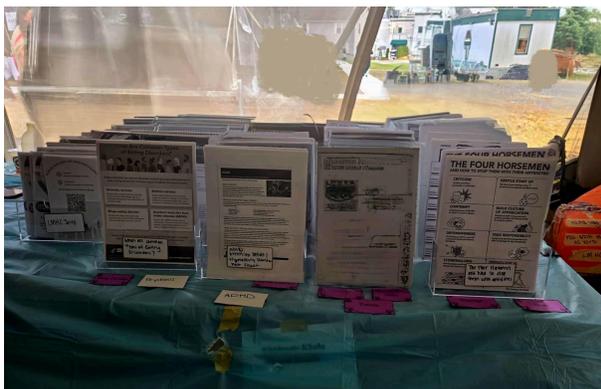
This booth consisted of:

1. 17 different types of pamphlets (50-100 of each pamphlet) about mental health from reputable sources such as the National Institute of Health and folders with stickers containing the committee's contact information if Lajna Members wanted to take multiple pamphlets with ease.
 - a. The topics the pamphlets presented covered:
 - i. Bipolar Disorder, Depression, ADHD, Women's Mental Health, Marriage/Family, Anxiety/Trauma, Adolescent Mental Health, Eating Disorders, Suicide Awareness/Prevention, Psychosis, Domestic Violence, and LMHC Information
 - b. [Link to all Pamphlets presented at National Ijtema 2025](#)
2. Lajna Mental Health Committee members ready to provide aide and if need be, take a Lajna Member to a private consultation area within the National Ijtema
 - a. On Friday afternoon, 1 Lajna Member requested a private consultation with one of the committee members. The committee member followed the Lajna Member's request and provided a private consultation to the Lajna Member.
 - b. On Saturday afternoon, another committee member provided aid when a Lajna Member requested help for her child who was having a breakdown on-site.
 - c. Committee members answered various questions from Lajna Members about mental health and the committee itself over Friday afternoon, Friday evening, and Saturday afternoon.

3. The committee members and local volunteers provided two types of drinks, Mango Strawberry Blend and Lime Refresher, with stickers containing information relating to the Mental Health Committee to reduce stigma and create ease in approaching the booth.
 - a. The stickers contained the email to reach the mental health committee, lajnacanhelp@lajnausa.net, and a QR code to the 'Resolution of Matters Form' which is also a way to reach the mental health committee and receive aid from the mental health committee.
4. Photos of the booth, pamphlets, cups, t-shirts, and a link to all the pamphlets presented at the booth are attached below.

Alhamdulillah, there has been an appreciative response from the overall Lajna body for having the committee as a resource available to them and becoming aware of this resource through the efforts made by all at the National Ijtema. From the National Ijtema, 2 Lajna Members with a background in mental health have reached out to join the committee and its cause.

Photos of the Booth (Supplied by Committee Members and Local Members)





Pamphlets presented at National Ijtema 2025

[Link to all Pamphlets presented at National Ijtema 2025](#)