

Darul Ihsan Guideline Counselling Service

*PROVIDING PROFESSIONAL
COUNSELLING & SUPPORT*



DARUL IHSAN
HUMANITARIAN CENTRE

GUIDANCE • UBUNTU • EMPOWERMENT

WHAT IS GUIDELINE?

- **GUIDELINE** is an Islamic counselling service offering **free and confidential counselling, support and guidance** to individuals facing many of the various social problems within our communities.
- As a helpline, **GUIDELINE** provides **tele-counselling** services that can be easily accessed by those in need of help.
- **GUIDELINE** also conducts **therapeutic intervention** in the form of in-person, family and online counselling.
- Counselling is undertaken collaboratively between mental health professionals, trained volunteers and the Ulama.
- The team at **GUIDELINE** also serve to educate communities and destigmatise mental health matters through community outreach programmes, learner-support initiatives, enrichment programmes, awareness campaigns and volunteer training.
- At its core, **GUIDELINE** exists to enhance the lives of individuals and families who struggle with life's many challenges, whilst adopting an approach **strongly centred within Islamic principles**.
- **GUIDELINE** counselling services are **highly confidential** and aim to protect the integrity of all individuals seeking help, treating this as an **Amanah**.

THE NEED

- The range of social issues afflicting the Muslim community is unprecedented. Our society is grappling with growing mental health challenges, marital issues, family issues, violence and abuse, substance abuse, depression, suicide, trauma and bereavement. These are just a few of the many concerns affecting our communities and society at large.

- The **strength and stability** of the Ummah lies in the **strength and stability** of the individuals who make up the Ummah. Thus, **GUIDELINE** seeks to help strengthen our family units in facing and eliminating these problems.

BENEFITS OF ISLAMIC COUNSELLING

- The counselling services offered by **GUIDELINE** undertake an integrated point of view, rooted in understanding the spiritual and psychosocial needs of individuals. This approach of Islamic counselling is designed to nurture growth and problem-solving through **promoting principles of Deen**.
- All counselling is undertaken from an Islamic perspective. Through utilising psychosocial theories and practices in counselling, we are able to incorporate and prioritise Islamic teachings as a way of life. By doing so, we can assist the Muslim Ummah holistically and encourage the beautiful teachings of Islam which are generally unfound in mainstream counselling.
- Counselling in Islam has been present for centuries, and can be dated back to our beloved Nabi Muhammad ﷺ, who listened and provided guidance in an **empathetic, non-judgemental, compassionate and respectful manner**.
- **GUIDELINE** adopts the Sunnah philosophy of empathy, impartiality and respect. Despite the teachings of our beautiful Deen regarding non-judgement of others and their actions, our communities still display judgemental attitudes. **GUIDELINE** affirms that it is our responsibility, not just as professionals but as striving Muslims, to help our community **rehabilitate from these wounds**.
- We acknowledge the great need for counselling services in the Muslim community as many individuals and families are

Guideline Counselling Service

unaware of the benefits of receiving such services. Our community is generally unsure of who to turn to when dealing with distressing situations, which eventually manifests in poor decision-making and an inability to cope. Seeking Islamic counselling can help one attain the best of both worlds, i.e. psychosocial support and spiritual upliftment.

- Islam's approach to dealing with life's difficulties contains a multitude of wisdom. Thus, counselling underpinned by Islamic teachings can help the couple struggling with marital difficulties, the family dealing with conflict, the student being bullied and the countless individuals facing mental health issues, substance abuse, trauma and other crises.
- The counselling services provided by **GUIDELINE** are entry level and guidance-based. Referrals are offered if deemed necessary.

TARGET GROUP

- **GUIDELINE** seeks to serve all individuals within the Muslim community who face difficulties in their personal lives or within their family units.
- **GUIDELINE** also aims to educate and empower people from all walks of life through our enrichment programmes and community support initiatives.
- All matters are dealt with in an impartial, confidential and non-judgemental manner.

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WHATSAPP

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CALL NOW

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ISLAMIC

- Learn The Deen
- Teach The Deen
- Jumuah Roster
- Bookshop
- Basic Islam
- Library & Research Facility
- GUIDELINE (Counselling)
- Literature Collection
- Al Ihsan Micro Library
- Marriage Registration
- Sadaqah Jariyah Projects
- Taqwa School of Excellence
- Muslim Marriages Tribunal (MMT)
- Drug Awareness Drive (DAD)
- Siyaphambili Madrasah
- Enewsletters, Social Media Posts
- Azmatu-Ahlil-Bayt-was-Sahaba



HUMANITARIAN

- Feed a Pupil
- Feed a Patient
- Feed The Needy
- Al Ihsan Clinic
- Build a Home
- Al Ihsan Relief (AIR)
- Enable the Disabled
- Bursary Fund (DIBF)
- Operation H2O
- Sponsor a Blanket
- Sponsor a Kajoor Pack
- Al Ihsan Boreholes
- House & Home Improvement
- Al Ihsan Fashion & Design Course
- Uniforms & Stationery
- Al Ihsan Garden Patch
- Al Ihsan Caregiver Course





About **Darul Ihsan**

Darul Ihsan Humanitarian Centre provides education, guidance, social, empowerment and welfare services to the community. In providing this service, we adopt a holistic approach, that gives due importance to basic needs as well as human rights and dignity of those that we serve.

Founding **Philosophy**

Darul Ihsan Humanitarian Centre is a multi-purpose, humanitarian-services providing organisation. 'Ihsan' means compassion towards mankind and to act with excellence. The Centre was established in the year 2000 with the primary objective of serving humanity and alleviating poverty and hardship locally and abroad. Since its inception, it has developed and established many humanitarian projects and provides a variety of free services to the community.

Key **Objectives**

One of the key objectives of the Centre is to promote a better understanding of humanity and peace, thereby serving as a bridge-builder between faiths and communities. Through guidance, Ubuntu and empowerment, the organisation hopes to train and develop the youth to become torch bearers of hope, peace and compassion to humanity.

