

THE MUSLIM YOUTH HELPLINE

ZOHRA KHAKU

#BalanceForBetter: Overcoming Challenges

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YOUTH
helpline

We're here to listen

Call our free helpline on

0808 808 2008

Live Chat

myh.org.uk

Email

help@myh.org.uk

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ISSUES

Abuse-Financial
 Spirituality
 Sexuality Schizophrenia
 Masturbation Friends
 Abuse-Sexual Self-Harm
 Isolation Depression
 Islamophobia Pornography Sex
 Anxiety Family Suicide
 Exams Stress Substance
 Abuse-Domestic Paranoia
 Hopelessness
 Relationships
 Employment

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RESEARCH AND TRAINING



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