

Two ways to Deal with Mental Illness

Explained by Shaykh Fawzan

Question: The questioner asks: What is the treatment for a person afflicted with anxiety, sorrow, grief, and physical diseases and a cure for restlessness, whispers, the evil eye and magic? May Allah preserve you.

Shaykh Salih Fawzan: This will fall into one of two categories. This can be caused by mental illness and in this case the person should consult a psychiatrist. Perhaps they can find a treatment for him. Or his illness can be the result of whispers, stress, and sadness caused by Shaytan. The treatment for this is by the remembrance of Allah the Exalted and the authentic supplications, taken from the Quran and Sunnah, likewise the supplications of the morning and evening. And before all of this, the person should preserve and maintain the five daily prayers for surely they assist the person in all of his affairs. As Allah the Exalted said:

وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ ۚ وَإِنَّهَا لَكَبِيرَةٌ إِلَّا عَلَى الْخَاشِعِينَ ﴿٤٥﴾

And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive. (Soorah Al-Baqarah 2:45)

Translated Rasheed ibn Estes Barbee