



Mohammed Asbi

Psychotherapist and Founder of Himaya for Mental Health

Palestinian - Palestine

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Who is Mohammed Asbi

Mohammed Asbi is a Palestinian psychotherapist specializing in simplifying psychological concepts and providing mental health support through social media. He is known for his humanistic and profound approach to explaining issues related to relationships, self-development, personality disorders such as narcissistic and borderline personality, and psychological trauma. He produces educational content aimed at making psychology accessible to everyone, using real-life examples to clarify complex ideas. Asbi is the founder of "Himaya for Mental Health and Community Awareness," a platform dedicated to spreading awareness about the importance of mental health in Palestinian and Arab society. Through this initiative, he offers individual online therapy sessions, allowing him to reach a broad audience seeking specialized psychological support. His work focuses on empowering individuals to understand themselves, improve their relationships, and address issues like emotional blackmail and various personality patterns, establishing him as an influential voice in the digital mental health space.

Achievements of Mohammed Asbi

Mohammed Asbi founded "Himaya for Mental Health and Community Awareness," a specialized initiative aimed at promoting mental health literacy in the Arab world. The platform focuses on providing educational content and therapeutic support to address common psychological challenges and break the stigma associated with mental illness. He has successfully built an influential presence on social media platforms like Instagram, TikTok, and YouTube, where he offers simplified yet profound explanations of complex psychological topics. A wide audience follows him for his analysis of personality disorders, healthy relationships, and trauma recovery, making him a trusted resource for many in the field.

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