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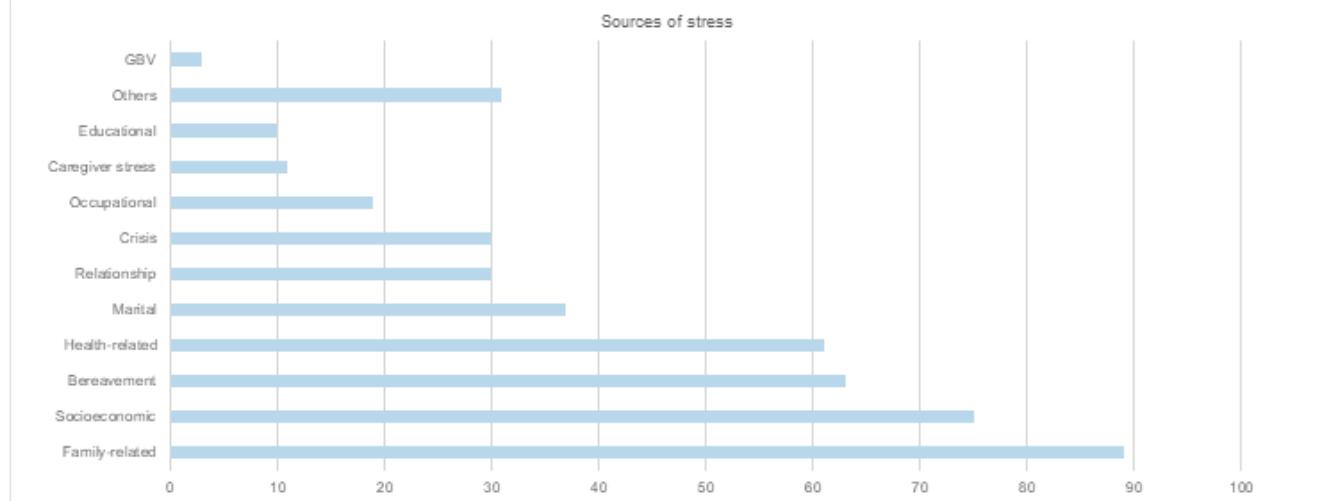
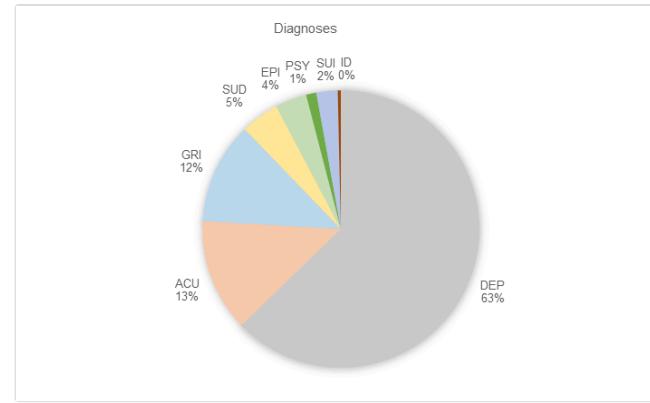
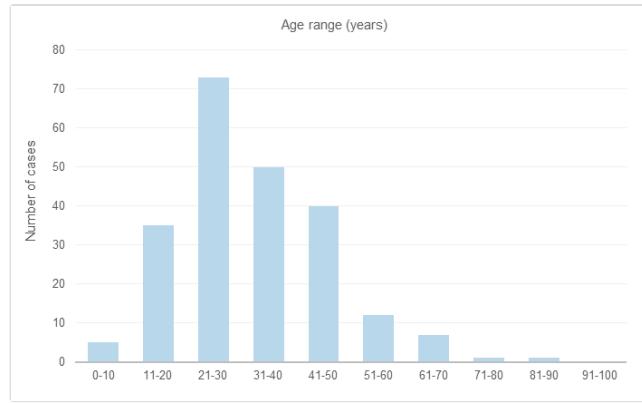
Balochistan: Integrating mental health into primary healthcare

The mental health services in Balochistan are limited to specialist services and are unevenly distributed, being primarily located in Quetta, the capital city. Outside Quetta, there are only four districts where a psychiatrist is available, leaving 31 districts without any specialist service due to a lack of specialist positions, limited incentives and security concerns. Most of the patients from these districts either travel long distances and bear out-of-pocket expenses or have no access to care.

Implementation of the MHPSS service model can help develop accessible rights-based services by building the capacity of primary care physicians and integrating mental health care into the primary care.

In collaboration with Department of Health Balochistan and Balochistan Institute of Psychiatry and Behavioral Sciences (BIPBS), 58 doctors were trained in mhGAP-HIG in September 2025. This initiative was supported by the International Organization for Migration (UN-IOM).

The trained doctors are connected to the MHPSS web-portal via the mhGAP-HIG-PK mobile app. Over the last three months, they have submitted 224 cases where they assessed and managed people with mental health conditions. Of these cases, 70% were women.



Remote supervision was provided in 143 cases by four specialists through calls and WhatsApp groups. Many challenges have been identified in setting up the supervision process. Some of these are related to the motivation of primary care physicians, redefining the role of psychiatrists, variations in the quality of supervision, gaps in documentation, connectivity etc.

Mental Health Strategic Planning & Coordination Unit