



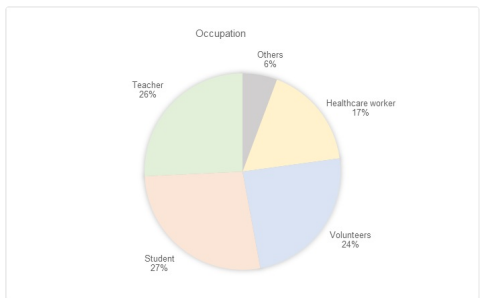
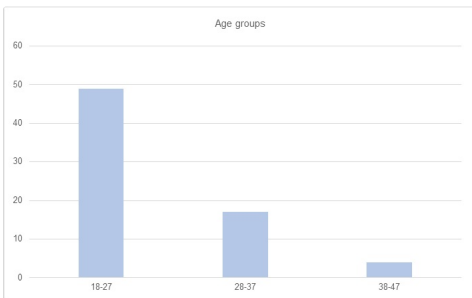
Baltistan: Hamdard Force

As part of implementing MHPSS pilot service in Baltistan, and with the support of United Nations Population Fund (UNFPA) Pakistan, a total of 70 community mental health workers have been registered and 55 have completed online Hamdard Force course to promote accessibility, acceptability, and scalability of mental healthcare at the level of the community in two target districts – Skardu (31) and Ghanche (39).

To achieve this, a team of Rahnuma-Family Planning Association Pakistan (FPAP) were trained as Hamdard Force coordinators, who supervised a total of eight training sessions in the target districts from 15th to 21st November 2025. The trained Hamdard Force are now connected to the MHPSS web portal through Hamdard Force mobile app and being supervised by a team of clinical psychologists.



The participants were selected according to a predefined criteria. 30% have completed high school education (Intermediate), 44% have completed graduation and 20% hold a Master's or higher degree. 85.7% of the sample comprises of women.



The key challenges for implementing a digital service model, particularly in Ghanche, are all day long power outages, extremely limited telecom and internet connectivity. Despite these challenges, the feedback from the trained Hamdard Force is extremely encouraging.

