



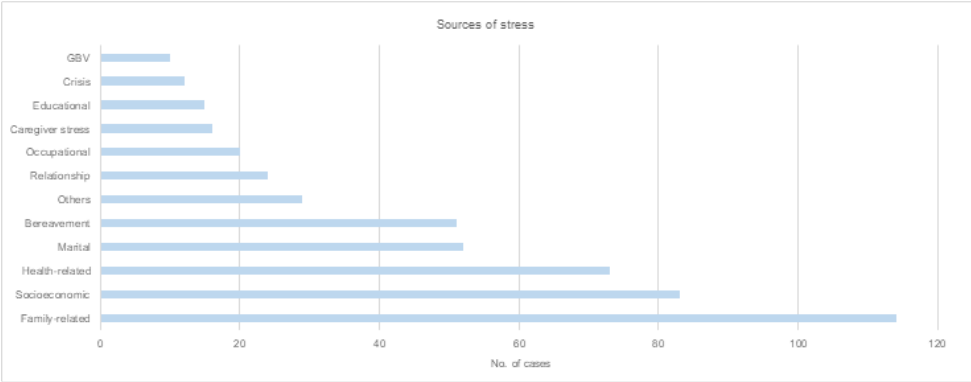
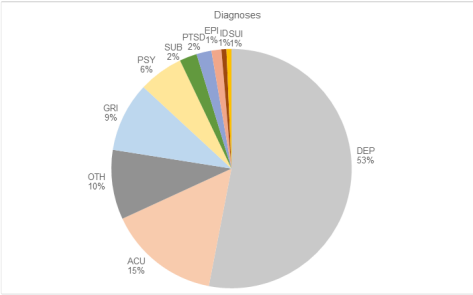
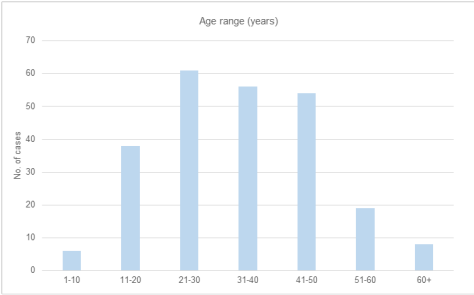
Khyber Pakhtunkhwa: Integrating mental health into primary care

The mental health services in Khyber Pakhtunkhwa are scarce and inequitably distributed, with nearly 50 psychiatrists for a population of over 40 million. Most of the services are limited to tertiary care psychiatric facilities. The MHPSS needs are compounded by challenges related to conflict, internal displacement, climate-change, and economic crisis.

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.

Last year, in collaboration with Department of Health, Khyber Pakhtunkhwa and International Medical Corps, Pakistan, 88 doctors were trained in mhGAP-HIG-PK. The initiative was supported by the German Federal Ministry for Economic Cooperation and Development (BMZ) through GIZ in Pakistan.

The trained doctors are connected to the MHPSS web-portal via the mhGAP-HIG-PK mobile application. In the last three months, they have submitted cases of 242 people with mental health care needs, of which 70% are women. Out of these 188 cases are from Kohat, and 54 are from Haripur.



Remote supervision was provided in 114 cases by two psychiatrists through calls and WhatsApp groups. Referral links have also been strengthened with nearest psychiatric facilities.