



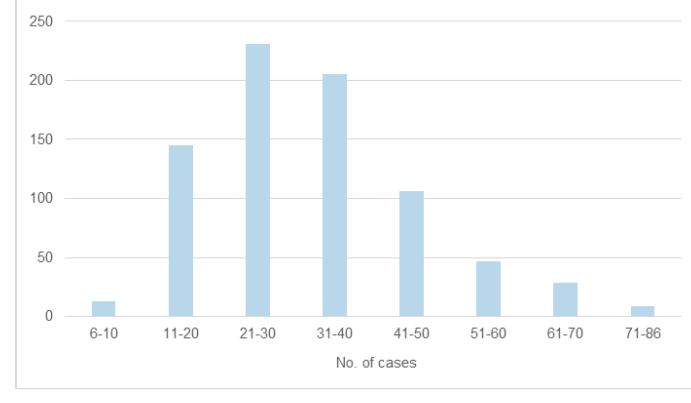
Newsletter 37, dated 3rd February 2026

**Baltistan: Pilot implementation of Hamdard Force**

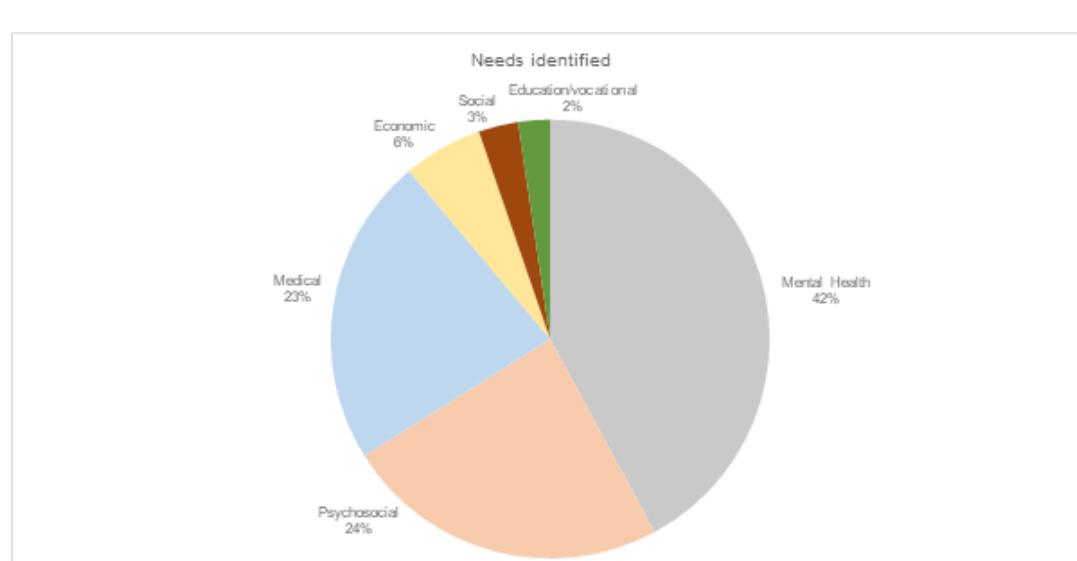
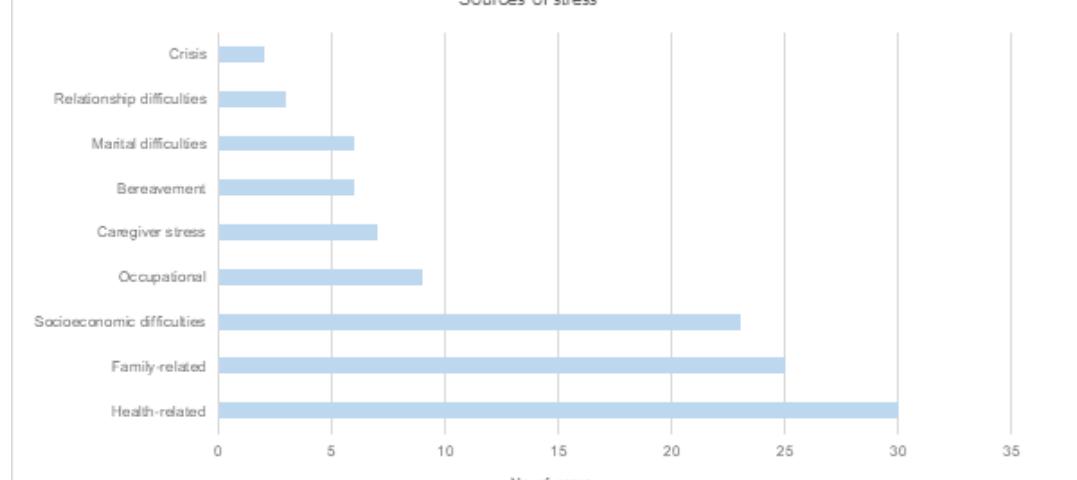
As part of the efforts to integrate mental health services in community settings, the Hamdard Force intervention is being piloted in Baltistan. Through the support of the United Nations Population Fund (UNFPA) and its implementing partner, Rahnuma-Family Planning Association of Pakistan (R-FPAP), a total of 59 members have been registered and trained as Hamdard Force. The Hamdard Force members are connected to the MHPSS web-portal via the Hamdard Force mobile application. The objective of their training is to identify people with psychosocial needs, provide basic psychosocial support, and refer to the MHPSS services.

In the first three months of pilot implementation:

- Total of 785 cases received.
- 394 cases received from Skardu.
- 391 cases received from Ghanche.
- 2/3 of the reported cases are of women.
- 75% cases are under the age of 40 years.
- Over 150 cases have been reported in young people under the age of 20 years.



A preliminary analysis of 100 cases shows that the major stressors are related to health, family and socio-economic challenges. Two-thirds of these cases reported that they do not have social support.



With limited healthcare services in remote districts in Gilgit-Baltistan, Hamdard Force intervention can serve as a low-cost scalable intervention. Training and supervision of local community mental health workers can help overcome challenges related to logistic, accessibility and acceptability barriers to address existing treatment gaps for mental disorders.

**Mental Health Strategic Planning & Coordination Unit**