



As part of developing the MHPSS pilot services in two districts in KP, the first mhGAP training workshop was held in Kohat on 29th September – 3rd October 2025. This was attended by thirteen primary care physicians and three clinical psychologists working in the primary healthcare facilities in the district.

The pilot implementation in KP is being supported by the German Federal Ministry for Economic Cooperation and Development (BMZ) through GIZ in Pakistan and its implementing partner International Medical Corps (IMC).

Some highlights of the training are shared below:

Need for building the capacity of primary care physicians in Kohat

[Dr Shakeel](#) notes that prolonged exposure to terrorism, violence and insecurities has resulted in widespread grief and significantly elevated rates of depression within the community he serves.

[Dr Shah Nawaz](#) reports that in his experience the burden of mental disorders in District Kohat is exceptionally high. The doctors not only lack the capacity to identify and manage common mental disorders but also work in challenging environments, thereby facing a heightened risk of burnout themselves.

[Dr Umara](#) believes stigmatizing attitudes at home and within communities, coupled with dependence on family members for healthcare access, severely limit women's ability to seek timely support for mental disorders.

[Dr Tufail](#) reiterates the need to expand the scope of training across the entire district.



Active engagement of the DHO

The District Health Officer, [Dr Gul Syed Hussain](#) visited the training twice during the week. He appreciated the efforts of the federal & provincial government to launch MHPSS services and encouraged the participants to promote mental health care in their clinical work.

Feedback about the training

The written feedback of the participants was most encouraging. They described the training as highly valuable, interactive, and professionally enriching. They agreed that the mhGAP guidelines have strengthened their knowledge and confidence to manage common mental disorders in the primary care. A couple of video recordings are also shared:

[Testimonial 1](#)

[Testimonial 2](#)

