



Newsletter 21, dated 23rd October 2025

District Kohat: Building capacity of primary care physicians II



As part of developing the MHPSS pilot services in KP, the third mhGAP training workshop was conducted in Kohat from 13th to 17th October, 2025. The workshop was attended by twenty two primary care physicians and four clinical psychologists to strengthen their capacity in identifying and managing common mental health conditions.

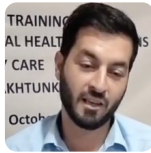
The training of primary care physicians in target districts is supported by the German Federal Ministry for Economic Cooperation and Development (BMZ) through GIZ in Pakistan and its implementing partner International Medical Corps.

The feedback and reflections by some participants is shared below:



[Dr M Amjid](#)

Clinical Psychologist



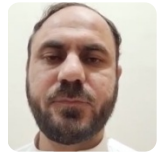
[Dr Salman Ilahi](#)

Medical Officer



[Dr Mehwish Aqeel](#)

Medical Officer



[Dr Mohibullah](#)

Family Physician

“It was an excellent experience overall, learned a lot of new information about managing mental health conditions and most importantly learnt the process of counselling the patient and the family who are affected by the stigma attached to the mental health diseases. Overall best experience. Now we will be able to prescribe antidepressants and other medicines required to patient at primary care level.”

“Very informative. Many doubts regarding our capability of treating a person with mental illness have been cleared and after the training we feel very confident in dealing with people with mental illnesses.”

“Refresher courses would greatly enhance our skills and knowledge regarding the management of common mental health conditions in primary care.”



Mental Health Strategic Planning & Coordination Unit