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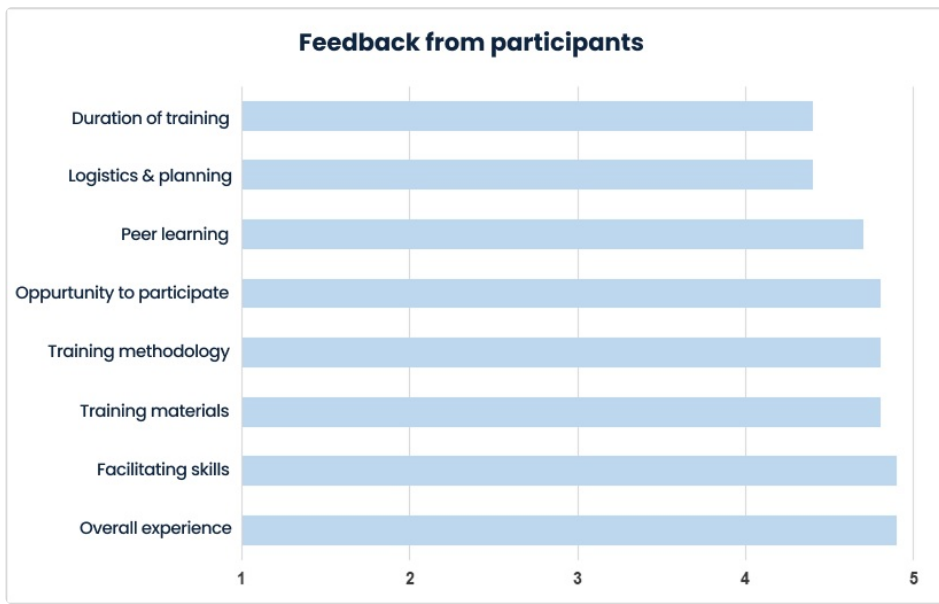
## Khyber Pakhtunkhwa: Building capacity of primary care physicians & clinical psychologists

As part of implementing MHPSS pilot services in two target districts of Khyber Pakhtunkhwa – Haripur and Kohat – four training workshops have been conducted from September 2025 to October, 2025 to train 76 primary care physicians and 12 clinical psychologists to strengthen their capacity for managing common mental health conditions.

The training workshops were facilitated by the MHSP&C Unit and supported by the German Federal Ministry for Economic Cooperation and Development (BMZ) through GIZ in Pakistan and its implementing partner, International Medical Corps.

All participants submitted their quantitative and qualitative feedback on the Learning Management System integrated with the MHPSS web-portal.

The analysis of feedback on a five point scale (Unsatisfactory, Needs improvement, Fair, Good, Excellent) is presented to score: Overall experience, facilitation skills, training materials, methodology, participation opportunities, and peer learning.



Some verbatim examples of participants’ feedback are also shared below:

“The training was highly informative and engaging, with excellent use of role plays to deepen understanding of major mental illnesses.”

“The doctor–patient role play method was very helpful; it made me realize how to counsel and manage patients more empathetically.”

“The mhGAP guide is amazing—it has cleared many doubts and will help me in all aspects of practice.”

“It was an excellent experience overall, learned a lot of new information about mental health problems 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.”

“We feel fortunate to have had the opportunity to participate in this on-the-job learning experience. Previously, we had concerns and hesitation in managing patients with depression, psychosis, acute stress, PTSD and other mental health issues. However, through the dedicated efforts and guidance of the facilitators, we now feel much more confident in addressing and managing mental health problems effectively at the primary care level.”

“Thank you for the valuable training experience. The role plays and group discussions were helpful. The mhGAP guide will be a valuable resource in my future work. I am grateful for the opportunity to participate in this training.”

“I feel privileged for having opportunity to learn from the experts in mental health in a very nonjudgmental and encouraging environment...”

“This training has increased my baseline knowledge about common mental health conditions and gave me a confidence to treat such patients...”

“About the trainers, they were so disciplined and on track all the time and I don’t feel there was any wastage of time at any given point.”



Mental Health Strategic Planning & Coordination Unit