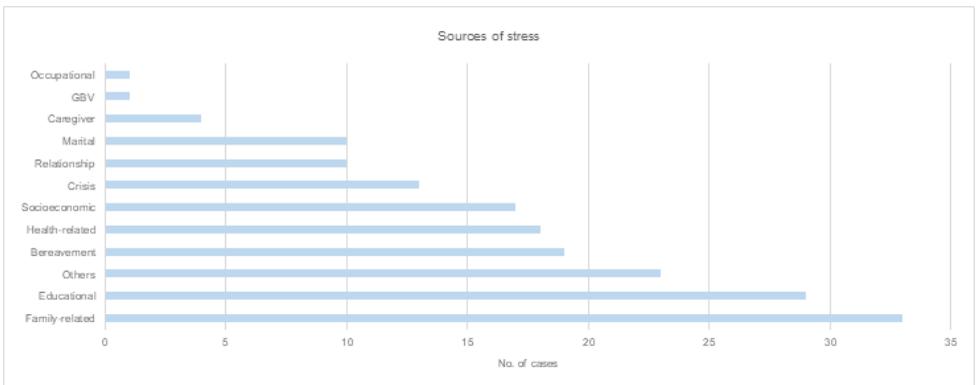
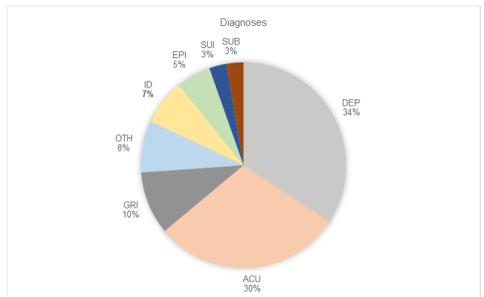
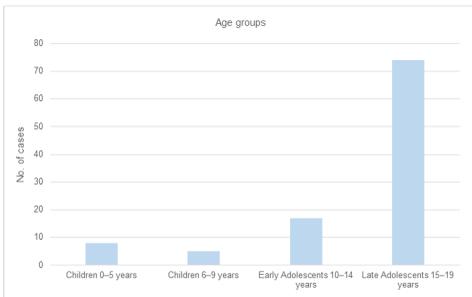




Mental health of children and adolescents

As part of our efforts to integrate mental health into primary care settings in Khyber Pakhtunkhwa and Balochistan in collaboration with the respective health departments, the trained primarycare physicans submit clinical data to seek supervision.

So far, we have received 107 cases of children and adolescents under the age of 18 years. 62 cases have been reported from Balochistan and 45 have been reported from Khyber Pakhtunkhwa. Approximately 70% of the cases are girls. Majority of cases (70%) fall within the late adolescent age group (15–18 years).



In a preliminary analysis of these cases, depression emerged as the most prevalent diagnosis, followed by stress conditions. 44% of the total cases reported had been experiencing symptoms for several months. The major stressors are related to family and education. The presence of marital stressors in 10 cases within an under-18 dataset highlights early marriage as a significant contextual risk factor.

Training primary care physicians in Pakistan to recognize and manage mental health problems in children and adolescents will help detect mental health conditions early, reduce the treatment gap, support their development, and prevent long-term mental disorders.

Mental Health Strategic Planning & Coordination Unit