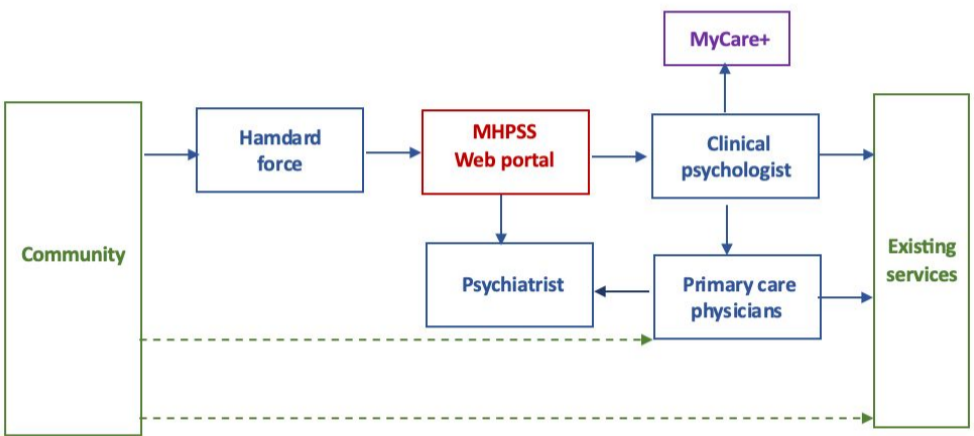


MHPSS: Referral Pathways

As part of the pilot implementation of the MHPSS service model, over a thousand cases have been submitted by the Hamdard workforce (at Tier 1) via the Hamdard Force mobile application in target districts in Khyber Pakhtunkhwa and Baltistan. One of the objectives of our community intervention is to develop referral pathways to connect persons with the MHPSS needs with relevant services.

The Hamdard Force mobile application is integrated with the MHPSS web-portal, where each case is assigned to a clinical psychologist (at Tier 2) through their respective dashboard. If the member of the Hamdard Force has requested supervision, the clinical psychologist calls them directly to guide them. Otherwise, they contact the service user to complete an assessment.

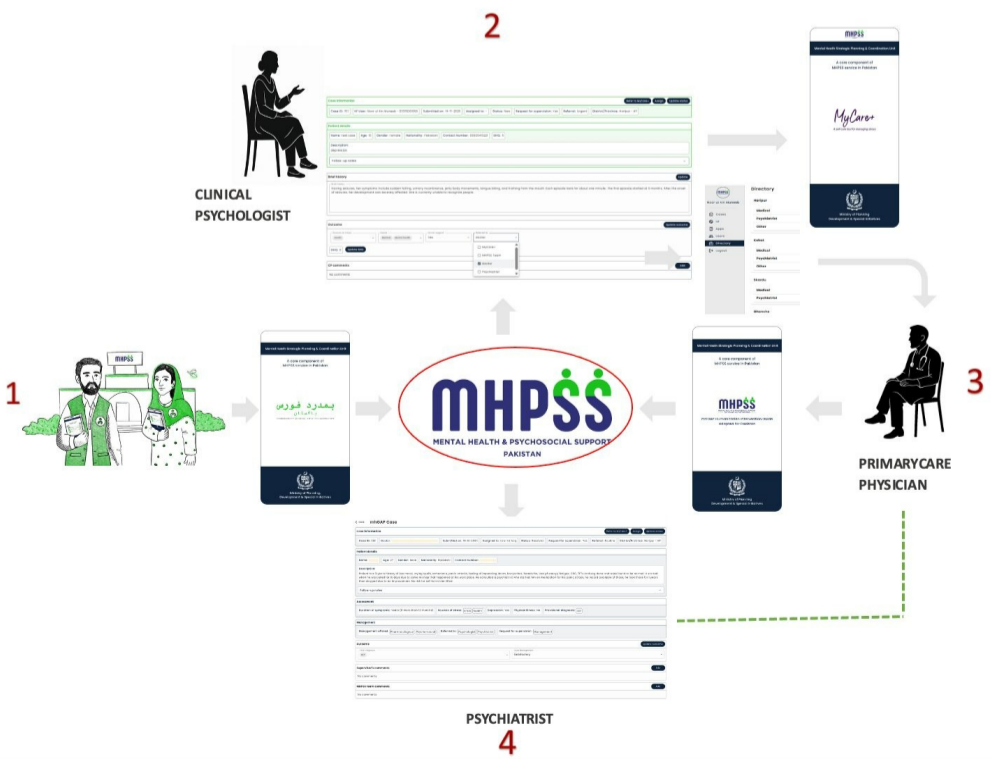
**MHPSS DIGITAL SOLUTION
REFERRAL PATHWAYS**



After assessing the problem, the clinical psychologist offers the following services:

1. Provide psychosocial interventions, where applicable.
2. Refer to the MyCare+ app for self-help to manage stress, where applicable.
3. Refer to the nearest primary care physician trained in mhGAP guidelines for management of common mental disorders, after consulting the directory available on their dashboard.
4. Refer to the MHPSS team to seek supervision.
5. Refer to the local specialist service for management of severe mental disorders.
6. Refer to other services in their district, where appropriate, after consulting the directory available on their dashboard.

As part of the pilot implementation in Khyber Pakhtunkhwa, Balochistan and Baltistan, nearly 500 cases have been submitted by the trained primary care physicians (at Tier 3) via their mhGAP-HIG-PK mobile application, which is also integrated with the MHPSS web-portal. The cases where supervision has been requested are assigned to a psychiatrist in the team (at Tier 4) through their dashboards. In these cases, the psychiatrist contacts the primary care physician to guide them.



Mental Health Strategic Planning & Coordination Unit