



With the technical support of the MHSP&C Unit, the Health Department, Balochistan has approved a project to initiate the implementation of MHPSS services in the province in 2025–2026.

As a part of this initiative, the first capacity building activity was held for 13 specialists from Islamabad, Quetta, Khuzdar, Loralai, and Turbat. An introductory session was conducted online, followed by an experiential workshop for mhGAP trainers on 19th – 20th August, 2025 at Quetta. This activity was supported by UN – International Organization for Migration.

The objectives of the training were:

1. To undertake a comprehensive needs assessment to integrate mental health within primary healthcare, and to redefine the role of specialists as facilitators and mentors to build the capacity of primary care physicians (PCPs).
2. To register the specialists on the MHPSS portal, create their accounts for providing case supervision and enroll them in the LMS for training evaluation.
3. To optimize the use of mhGAP-HIG-PK training resources (guide and mobile app) for implementing the assessment, management and referral protocols.
4. To enhance the teaching and supervisory competencies of trainers by applying principles of adult learning, interactive pedagogy, and setting competency-based goals, thereby enabling them to build the assessment and therapeutic skills of PCPs effectively.
5. To foster a paradigm shift from a reductionist biomedical model towards a holistic biopsychosocial framework, aligning with contemporary global standards of mental healthcare.



The training workshop was facilitated by Dr Asma Humayun (MHSP&C Unit) and co-facilitated by Dr Hazrat Ali (Balochistan Institute of Psychiatry and Behavioral Sciences). Some reflections by the participants are shared below:

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| 1. Dr Arooj Najmussaqib | 8. Dr Lal Zadi Hasni |
| 2. Dr Fazal Ullah | 9. Dr Muhammad Abbas |
| 3. Dr Hazrat Ali | 10. Dr Muhmmad Anwar |
| 4. Dr Hidayat Ullah | 11. Dr Muhammad Ilyas |
| 5. Dr Israr ul Haq | 12. Dr Naila |
| 6. Dr Jalal Uddin Rumi | 13. Dr Shah Nawaz Zehri |
| 7. Dr Kamal Khan Mandokhail | 14. Dr Zarmina Tareen |

