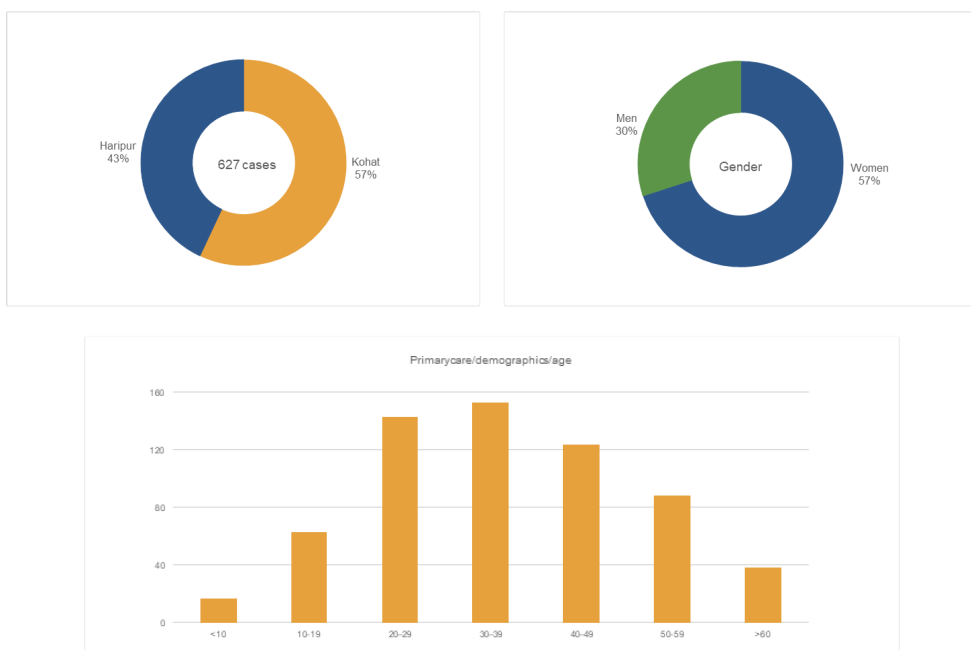




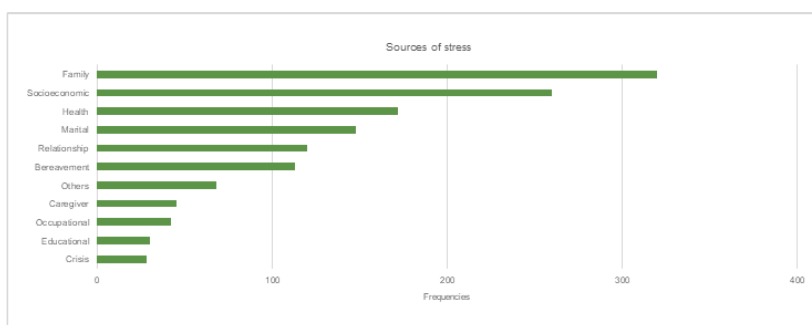
Khyber Pakhtunkhwa: Outcome of the MHPSS Pilot Implementation – I

As part of the MHPSS pilot implementation in Kohat & Haripur, and in collaboration with the DGHS Khyber Pakhtunkhwa, 76 doctors were trained in mhGAP-HIG in October 2025. They were supervised for a period of eight months. The trained doctors assessed and managed people with common mental disorders in their routine practice and were connected through the MHPSS web portal via mhGAP-HIG-PK mobile application, where they reported 627 cases and sought specialists' supervision on 122 cases.

An analysis of the reported cases is presented in this newsletter.



Family-related stressors and socioeconomic difficulties were the most frequently reported stressors, followed by health and marital concerns. More than one-third of the cases had at least one co-existing physical illness, such as hypertension, diabetes, and gastrointestinal issues.



For the majority of cases, the duration of illness had persisted for several months to years before they were identified and supported to seek care. Depression was the most commonly diagnosed mental health condition, followed by Acute stress and Grief. The primary care physicians highlighted the need for continuous supervision and cycles of refresher training to effectively build their capacity.

