

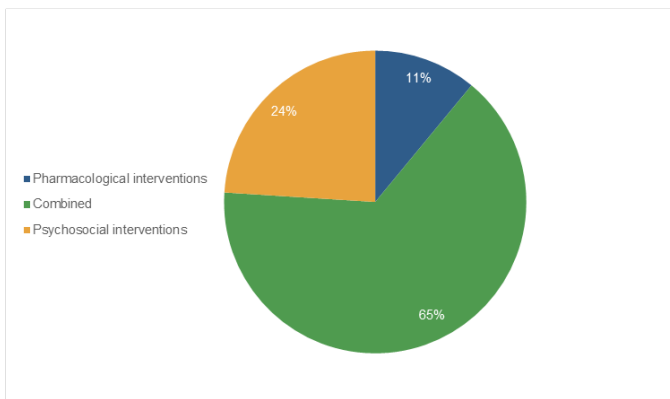


Khyber Pakhtunkhwa: Outcome of the MHPSS pilot implementation – II

During the pilot implementation in the districts of Haripur and Kohat, 76 trained physicians integrated mental healthcare into their routine practice and reported 627 patients through the mhGAP mobile application. The pilot was implemented in a complex humanitarian setting marked by security concerns, emergency responses, and overlapping public health campaigns. The operational challenges included the availability of trainers, selection of primary care physicians, connectivity issues, and heavy workloads of primary care physicians.

Despite these constraints, the pilot was successfully completed and demonstrated the feasibility of integrating mental health into routine primary healthcare. It equipped primary care physicians with the knowledge, skills, confidence, and tools to deliver mental health care. It also established structured referral pathways and digital case documentation, generating real-time service data to support evidence-informed planning and future integration of mental health indicators into the District Health Information System (DHIS).

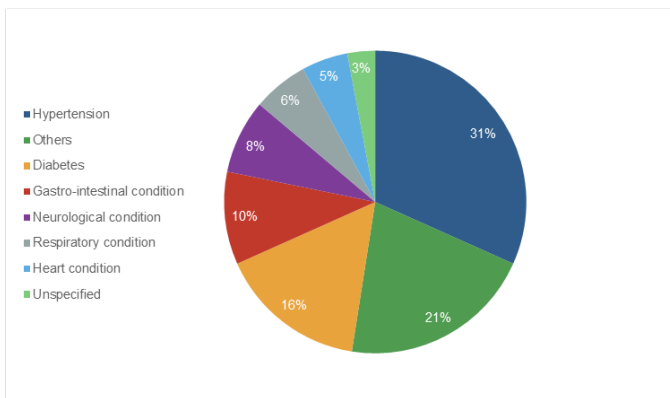
The mhGAP–Humanitarian Intervention guidelines offer evidence-based protocols for assessment and management of mental health conditions in routine clinical practice at the primary healthcare level. By implementing these guidelines, the primary care physicians were able to practice beyond the traditional biomedical approach by incorporating pharmacological and psychosocial interventions for people suffering from common mental health conditions.



These services were supervised by the psychiatrists in the MHPSS team, who had access to the reported cases on their dashboard. They discussed the management plan with the relevant primary care physician, where needed.

Case information		Refer to MyCare+	Assign	Update status	
Case ID:	Doctor:	Submitted on: 13-06-2026	Assigned to:	Status: Submitted	Request for supervision: No
Referral: Routine	District/Province: Haripur - KP				
Patient details					
Name: Xyz	Age: 38	Gender: Female	Nationality: Pakistani	Contact Number:	
Description: Decrease sleep Mood changes Decrease appetite					
Follow-up notes					
Assessment					
Duration of symptoms: Days (less than 7 days)	Sources of stress:	Depression: No	Physical illness: No	Provisional diagnosis:	
Management					
Management offered:	Referred to:	Request for supervision:			
Outcome					
Final Diagnosis		Case Management			
Supervisor's comments					
No comments Add					
MHPSS team comments					
No comments Add					
Assignment history					
No Case Assignment History					

Most of these cases were presented to the primary care physicians for physical health problems. Without the mhGAP training, the mental health conditions would have remained undetected. 37% of cases presented with co-morbid physical and mental health conditions.



The MHPSS portal has a structured referral mechanism through which cases were assigned to clinical psychologists as well. The primary care physicians also recorded the cases referred to local specialist services (psychiatric and others).

