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Mental Health Legislative Reforms in Balochistan

As part of the 'Development and Policy Review of the Mental Health Legislative Framework' undertaken by the Ministry of Planning, Development and Special Initiatives, a consultative workshop was held in Quetta on 7th September, 2026, to review the Gap Analysis for the Balochistan Mental Health Act, 2019. The detailed [report](#) is accessible on MHPSS website.

The event was supported by Rupani Development Initiatives (RDI) and Rupani Foundation Pakistan.

For this purpose, the MHSP&C Unit coordinated with Health Department Government of Balochistan and Balochistan Institute of Psychiatry and Behavioral Sciences to notify a Working Group comprising of representatives of Health Department; People's Primary Healthcare Initiative; Balochistan Health Care Commission, Law Department, Prison Department, Social Welfare and Human Rights Department; Bar council, Academia including departments of Psychology at BUIEMS and University of Balochistan, Post Graduate Medical Institute; Nursing College; Psychologists Association; Psychiatrist at CMH; Department of Psychiatry, Jalawan Medical College, Khuzdar; and YAD Pakistan, to review the gap analysis.



The gap analysis highlighted the need for a rights-based, person-centred approach to mental health, supported by stronger leadership and institutional commitment, sustainable financing, and integration of mental health into primary care. Participants also emphasized the importance of workforce development and regulation of existing mental health services, including telehealth services, digital platforms, and informal providers. Above all, they stressed that these reforms must be feasible and responsive to Balochistan's unique geographic, social, and health-system realities.

Mental Health Strategic Planning & Coordination Unit