



To mark the World Mental Health Day today, the theme is **Mental Health in Humanitarian Emergencies**. This theme has been selected to draw attention to the urgent need to support the mental health and psychosocial needs of people affected by humanitarian emergencies.

We would like to take this opportunity to thank our partners for their ongoing support: Ministry of National Health Services, Regulation & Coordination; Department of Health, Khyber Pakhtunkhwa; Department of Health, Balochistan; Department of Health, Gilgit Baltistan; German Federal Ministry for Economic Cooperation and Development (BMZ); GIZ; International Organization for Migration (UN-IOM); United Nations Population Fund (UNFPA); International Medical Corps; Islamic Relief; and Handicap International.



A large population of Pakistan continues to face socio-political and economic instability; and repeated complex humanitarian challenges stemming from a combination of climate change-induced disasters and armed conflicts. These challenges have a direct impact on mental health outcomes.

The Ministry of Planning, Development & Special Initiatives is leading the development of mental health & psychosocial support services by prioritizing mental health and well-being in national policies as a critical step towards aligning with the objectives of SDGs. To achieve this, Mental Health and Psychosocial Support (MHPSS) has been identified as a key area in the strategic initiative of the 5Es Framework of the Government of Pakistan, which is aligned with the objectives of Uraan Pakistan to build an equitable and inclusive society.

The Mental Health Strategic Planning & Coordination Unit is supporting a national steering and coordinating mechanism, and providing dedicated technical support across the country to implement evidence-based and rights-based MHPSS services. These efforts are guided by a strategic roadmap and grounded in a comprehensive implementation science framework, the National MHPSS Implementation Plan (2025-2030), which provides step-by-step actions to build a trained workforce, develop referral pathways, and strengthen existing services by utilizing a digital system that enables data-informed service reforms.

In a collaborative paradigm, we aim to bring all stakeholders together, including federal and provincial health authorities, UN agencies, donor agencies and humanitarian actors, to work towards scalable and sustainable mental health & psychosocial support services across Pakistan, particularly for those suffering in the humanitarian contexts.

Mental Health Strategic Planning & Coordination Unit