

SINDH MENTAL HEALTH AUTHORITY



Sindh Mental Health
Authority



Mental Health for All

PROGRESS REPORT



**First Tenure
2017-2021**





Sindh Mental Health
Authority

SMHA
PROGRESS REPORT
2017-2021

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Written and design by: Aijaz Ali Khuwaja

Layout by: Sayed Aafaq Shah

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ABBREVIATIONS

SMHA	Sindh Mental Health Authority
GoS	Government of Sindh
DHO	District Health Officer
HANDS	Health And Nutrition Development Society
LUMHS	Liaquat University of Medical Health Sciences
SU	Sindh University
NSP	Nutrition Support Program
GIMS	Gambat Institute of Medical Sciences
SCJIP	Sir Cowasjee Institute of Psychiatry
WHO	World Health Organization
AAP	Accelerated Action Plan
KU	Karachi University
JPMC	Jinnah Postgraduate Medical Centre
CSO	Civil Society Organizations
GoP	Government of Pakistan
SRSO	Sindh Rural Support Organization
PPP	Public Private Partnership
P&D	Planning and Development
ToT	Training of Trainers
SM	Social Mobilization
NGO	Non Governmental Organization
CEC	Central Executive Committee

ACKNOWLEDGEMENT

Sindh Mental Health Authority highly appreciate Honorable Syed Murad Ali Shah, Chief Minister of Sindh, Honorable Syed Mumtaz Ali Shah, Chief Secretary Sindh, Honorable Dr. Azra Fazal Pechuho, Minister of Health, Honorable Mr. Zulifiqar Ali Shah, Secretary of Health, Sindh for continuous support to SMHA.



SMHA PERFORMANCE AT A GLANCE 2017 - 2021

- (1) Psychiatry Ward of Lyari General Hospital visit by BOV (2019).
- (2) Seminar at Beach Luxury Hotel, Karachi (2019).
- (3) One Day Workshop for Master Trainers (9th February, 2020).
- (4) Visit of SCJIP, Hyderabad by Board of Visitors (2020).
- (5) Meeting regarding the inauguration of PAEDS (Psychiatric Ward) (2020).
- (6) Cowasjee Sports League at SCJIP, Hyderabad (27th February, 2020).
- (7) Visit of Helpline at Psychiatry Ward, JPMC (2020).
- (8) Inauguration of Psychiatry Ward at Qatar Hospital, Karachi (2020).
- (9) Meeting at DG Health Services Sindh Office at Hyderabad (11th July, 2019).
- (10) MOU Signing Ceremony of Tele-Help to prevent suicides in Thar (15th August, 2020).
- (11) MOU for the development of Urban Forest at SCJIP, Hyderabad (2020).
- (12) Visit to FM Radio at LUMHS, Hyderabad (2020).
- (13) One Day Seminar on Sindh Mental Health Act at Sukkur (29th November, 2018).
- (14) One Day Seminar on World Suicide Prevention Day 2019 (16th September, 2019).
- (15) Meeting with Psychologists of Sindh at Indus Hotel, Hyderabad (2020).
- (16) Inauguration of PAEDS (Psychiatric Ward) at Children Hospital (2020).
- (17) Seminar on Suicide at Regent Plaza (22nd September, 2019).
- (18) MOU signing ceremony with Brain Trust U.K (2020).
- (19) Visit to Anti-Narcotics Hospital (2020).
- (20) Seminar on Mental Health Issues at JPMC (2020).
- (21) Seminar on Sindh Mental Health Act at SCJIP, Hyderabad (2019).
- (22) Seminar at Institute of Behavioral Sciences (18th July, 2018).
- (23) Two Days Workshop Training for Medical Officers (15th February, 2019).
- (24) Meeting with VC UOS, VC LUMHS, MS/CEO SCJIP, Dean SS, CPD (20th August, 2020).
- (25) Tree Plantation for Urban Forests done for Patients at SCJIP, Hyd (2020).
- (26) Prof. Haroon visit to SCJIP, Hyderabad (2020).
- (27) BOV Visit to JPMC (2020).
- (28) First Meeting with Stakeholders of Thar Region regarding Suicides (23rd December, 2018).
- (29) World Mental Health Day 2018 (10th October, 2018).
- (30) Mental Health Program at JPMC (2020).
- (31) First Round Table Discussion on Mental Health Issues in Society (29th January, 2019).
- (32) Special Care Unit for Transgender at SCJIP, Hyderabad (2020).
- (33) Various Newspaper cuttings of Mental Health Programs (2019 to 2020).
- (34) Various Programs/Webinar organized by SMHA (2018 to 2020).
- (35) Inauguration of Website of Sindh Mental Health Authority (August, 2020).
- (36) COH-FIT Survey Press conference at JPMC, Karachi (9th September, 2020).

- (37) Zoom Webinar to mark the World Suicide Prevention Day (10th September, 2020).
- (38) Visit of Alleviate Addiction Suffering (Aas) Trust (15th September, 2020).
- (39) Meeting With Chairperson Sindh Human Right Commission (18th September, 2020).
- (40) Helpline installed and Panafallex put on walls in all over Sindh (1st October, 2020).
- (41) Seminar on World Mental Health Day (10th October, 2020).
- (42) Magazine about World Mental Health Day published by PAMH (14th October, 2020).
- (43) Meeting with M/s. Yasmeen, CEO Basic Needs Pakistan
- (44) (26th October, 2020).
- (45) Today 29-10-2020 Sindh Cabinet meeting will be held (29th October, 2020).
- (46) Meeting with M/s Aneeta Pasha, Country Director IRD Pakistan (29th October, 2020).
- (47) Mental Health Seminar 2020 org: by Young Psychiatry Association (23rd November, 2020).
- (48) Follow up meeting with M/s Aneeta Pasha, Country Director IRD (26th November, 2020).
- (49) Meeting with Salam Dharejo, Country Coordinator, Pakistan TDHG (8th December, 2020).
- (50) Meeting with Coordinator SDG / UNDP (4th December, 2020).
- (51) MoU btw Sindh Mental Health Authority & Sindh Human Rights Commission (26th November, 2020).
- (52) Meeting with M/s Mehwish Maria, Child Protection Officer UNICEF (12th November, 2020).
- (53) Visit JPMC Psychiatric ward with M/s Mehwish Maria, UNICEF (12th November, 2020).
- (54) Follow up meeting with Mehwish Maria, CPO UNICEF on Zoom webinar (10th December, 2020).
- (55) MoU signing ceremony btw SMHA & SZABLC (10th December, 2020).
- (56) Meeting with Mr. Byram D Avari, Chairman Avari Group of Companies (2020).
- (57) News about collection of data to prevent suicide (2020).
- (58) Zoom meeting arranged by Dr. Rubina Kidwai (2020).
- (59) Inaugurates Prof Hyder Ali G Qazi Block, Dr Ibrahim Khalil Block and Deewan Gidumal Block (2020).
- (60) New 50 Bedded Female Ward (2020).
- (61) Inauguration of new OPD Block and visited New female Ward at Hyderabad (11th December, 2020).
- (62) Meeting with Dr. Fouzia Khan, Chief Advisor, CW, SE&L Deptt (15th December, 2020).
- (63) Meeting with Chief Services Executive, HANDS Pakistan (22nd December, 2020).
- (64) Today meeting about Magazine of Sindh Mental Health Authority (22nd December, 2020).
- (65) Meeting with Ms. Anita Pasha, Country Rep IRD (29th December, 2020).
- (66) 2nd meeting about Magazine (31st December, 2020).
- (67) 3rd follow up Meeting regarding 1st Magazine of SMHA (2nd January, 2021).
- (68) Two days visit of Larkana and Sukkur Division by Chairman SMHA (5th to 6th January, 2021).
- (69) 4th meeting about 1st Magazine of SMHA (7th January, 2021).
- (70) Follow up meeting with Project Manager, SDGs Support Unit, UNDP (19th January, 2021).
- (71) MoU Signing Ceremony Btw SMHA & IRD (20th January, 2021).
- (72) 8th Board of Governors meeting (22nd January, 2021).
- (73) Visit of Sindh Govt. Children's Hospital, North Karachi by Dr. Rubina Kidwai Phd, Member SMHA (22nd January, 2021).
- (74) Meeting with Secretary Health, Govt. of Balochistan (26th January, 2021).
- (75) Three days Training of Lady Health Worker at Mithi (25th to 27th January, 2021).

- (76) 5th meeting about 1st Magazine of Sindh Mental Health Authority (28th January, 2021).
- (77) Today meeting with Adv. Zainab Mahboob, Legal Head (29th January, 2021).
- (78) Cleaning up work in Sir Cowasjee Institute by SMHA/W&S/HAD (3rd February, 2021).
- (79) Installation of photo frame at SCJIP&BS Hyderabad (3rd February, 2021).
- (80) 1st Death Anniversary of Comrade Dr. Lal Khan (10th February, 2021).
- (81) 6th meeting about 1st Magazine of Sindh Mental Health Authority
- (82) (19th February, 2021).
- (83) Visit of SCJIPS&BS by Ms. Kamyla Marvi, Country Director for British Asian Trust (24th February, 2021).
- (84) 7th meeting about 1st Magazine of Sindh Mental Health Authority (9th March, 2021).
- (85) 8th March Women's Day program organized by S.R Art Production (8th March, 2021).
- (86) Meeting with Dr. Qamar Abbass (10th March, 2021).
- (87) Meeting with Dr. Ali Raza Mirjet, Psychiatrist (12th March, 2021).
- (88) Today meeting about Mental Health issues with Thar Foundation (13th March, 2021).
- (89) 4th Sindh Literature Festival at Arts Council of Pakistan Karach (14th March, 2021).
- (90) Seminar on How to Combat Suicide in Community Org. by SMHA (25th March, 2021).
- (91) Thar Tele-Help Service Launched For Treating Mental Disorders (1st April, 2021).
- (92) SMHA today Follow up meeting with NGO HANDS (8th April, 2021).
- (93) Senator Dr. Karim Ahmed Khawaja inaugurate the new Art Gallery (9th April, 2021).
- (94) Recognition of Depression is Prevention of Suicide by SMHA (7th April, 2021).
- (95) Senator Dr. Karim Ahmed Khawaja meeting at JPMC (10th April, 2021).
- (96) Recognition of Depression is Prevention of Suicide by SMHA at Malir (13th April, 2021).
- (97) Sindh Mental Health Authority send all Researches, Magazine and other correspondence regarding intention with different Government Departments, Autonomous, Semi-Autonomous Bodies, N.G.Os, National and International Organizations through (two or three thousands) letters.
- (98) Sindh Mental Health Authority published a booklet regarding Course contents for Mental Health training of Primary Care Physicians (Doctors).
- (99) Today's zoom webinar on Analytical study on Suicide cases (14th April, 2021).
- (100) SMHA follow up meeting with IRD on Zoom (15th April, 2021)..
- (101) Meeting about Recognition prevention of Suicide in Thar (17th April, 2021).
- (102) Visit of Radio Station and New OPD Block at SCJIP&BS, Hyderabad (20th April, 2021).
- (103) 1st meeting of Second Magazine of SMHA (23rd April, 2021).
- (104) MoU signed btw SMHA and HANDS (26th April, 2021).
- (105) Follow up Meeting with HANDS on 29th April, 2021.
- (106) Meeting about research on Psychological effects in population (6th May, 2021).
- (107) Meeting with Pakistan Youth Parliamentary members (6th May, 2021).
- (108) 2nd meeting of second SMHA Magazine (7th May, 2021).
- (109) Meeting with Thar Foundation about Mental Health issues (20th May, 2021).
- (110) Meeting with SZABLC, HANDS, Karachi University, Edhi Foundation (20th May, 2021).
- (111) Discussion on Psychological Autopsy in Tharparkar through Zoom (25th May, 2021).
- (112) Zoom meeting about Research Study on Mental Health (26th May, 2021).
- (113) Pakistan Penal Code convene a meeting via zoom link (28th May, 2021).
- (114) Meeting with Charter for Compassion, Pakistan (1st June, 2021).

- (115) Final discussion about Research on Impact of Covid-19 Pandemic (1st June, 2021).
- (116) Psychological Autopsy of Suicide patients in Tharparkar is launch (8th June, 2021).
- (117) One day training session on Psychosocial impact on Mental Health (14th June, 2021).
- (118) MoU signed between SMHA and Charter For Compassion – Pakistan (15th June, 2021).
- (119) Visit of LUMHS by Chairman SMHA (19th June, 2021).
- (120) Today Senator Dr. Karim Ahmed Khawaja visit to SCJIP&BS Hyderabad (19th June, 2021).
- (121) Meeting about Impact of Covid on Mental Health at HANDS office (23rd June, 2021).
- (122) Meeting with NGO (Taskeen Sehatmand Pakistan).
- (123) International World Drug Day 2021 (26th June, 2021).
- (124) Meeting regarding Psychological Autopsy of Tharparkar Patients (29th June, 2021).
- (125) Meeting with Home Secretary, Govt. of Sindh (29th June, 2021).
- (126) Secretary SMHA visit Bilquis Edhi Foundation (30th June, 2021).
- (127) Presentation on Research abt Impact of Covid-19 Pandemic (2nd July, 2021).
- (128) Follow up Presentation on Research abt Impact of Covid-19 Pandemic (5th July, 2021).
- (129) Impact of Covid19 on Mental Health Research Report launched (15th July, 2021).
- (130) Meeting with Dean Szabist Mr. Riaz Shaikh (19th July, 2021).
- (131) Meeting with Dr. Sameen Siddiqui, AKU and his team via zoom link (27th July, 2021).
- (132) Meeting with Dr. Aijaz Khanzada, Advisor to Health Department (4th August, 2021).
- (133) Chairman SMHA visit to SCJIP&BS Hyderabad (7th August, 2021).
- (134) 9th Board of Governors meeting of Sindh Mental Health Authority (13th August, 2021).
- (135) Meeting on Psychological Autopsy of Registered cases of Suicide (16th August, 2021).
- (136) Launching report of Psychological Autopsy of Suicide cases (23rd August, 2021).
- (137) MoU Btw Sindh Mental Health Authority & Justice Project Society (24th August, 2021).
- (138) Sindh Mental Health Authority today launch three Researches (24th August, 2021).
- (139) Chairman SMHA meeting with Justice Project Pakistan (9th December, 2021).
- (140) Meeting regarding 3rd Magazine of SMHA (9th December, 2021).
- (141) Chairman SMHA meeting with Karwan-e-Hayat (14th December, 2021).
- (142) Meeting with Charter for Compassion, Pakistan (21st December, 2021).
- (143) 2nd meeting regarding 3rd Magazine of SMHA (22nd December, 2021).
- (144) Chairman SMHA participate the 50th Syndicate meeting of LUMHS via zoom link (24th December, 2021).
- (145) Follow up meeting with Charter for Compassion, Pakistan (24th December, 2021).
- (146) Chairman SMHA Launch 3rd Magazine of SMHA (24th December, 2021).
- (147) Distribution Certificates to participants in Psychology Autopsy (15th January, 2022).
- (148) Secretary SMHA visit to Sir Cowasji Jahangir Institute, Hyderabad (20th January, 2022).
- (149) Meeting with Justice Project Pakistan on Supreme Court's Judgment (2nd February, 2022).
- (150) Chairman SMHA condolence to DHO Malir on his father's death
- (151) Meeting with Volkan Umut Arslan, Socialist Laborer Party, Turkey.
- (152) Meeting regarding Medical Camp at Tharparkar.
- (153) 2nd International Conference organized by Karachi University.
- (154) Certificate Distbution Ceremony to Contributors on Covid Research.

MESSAGE FROM THE CHAIRMAN SINDH MENTAL HEALTH AUTHORITY

Senator

**Dr. KARIM AHMAD
KHAWAJA**

(Chairman Sindh Mental Health Authority)



It gives me great pleasure to present Progress Report of Sindh Mental Health Authority's first tenure from 2017-2021. As we all are well aware that COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. The Sindh Mental Health Authority (SMHA) is continuously striving for the solution of issues of the mental health in Sindh. The most important achievement of our first tenure is declaration, through an act of parliament about the Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad, as a degree awarding institute, which is one of the best institute in field of psychiatry in Pakistan. The Sir Cowasjee Institute is one of the best institute in region, as well, which is providing degree level education in psychiatry. Sir Cowasjee Institute has been affiliated with the Liaquat University of Medical and Health sciences (LUMS), and University of Sindh (US). The act passed by the Sindh Assembly about Sir Cowasjee Institute enacted and the board has been formed. The main objective is to make Sir Cowasjee Institute a full-fledged mental health university, which will be first of its kind in



Asia in the public sector. I hope Board meeting of Sir Cowasjee Institute will convene and decide about Mental Health University.

SMHA has established office in Karachi, Sindh. Around 152 different activities like seminars, trainings/ workshops, research, MoUs signings and mobilization meetings, held all over Sindh. SMHA has established the first child psychiatry ward at Sindh Government Children Hospital, North Nazimabad @ Karachi, Sindh. SMHA has also established a psychiatry ward in Sindh government (Qatar) hospital, and civil hospital Mithi, Tharparkar in shortest possible time with the help of Health Department.

The SMHA has initiated different research studies, developed various survey forms and conducted surveys. SMHA team reviewed laws and regulations of mental health with the extensive process of consultation with all relevant stakeholders. Psychiatry laws have been processed and submitted to the Sindh Cabinet for approval. There is need of amendments in laws to incorporate Psychologists in Act, which has been suggested by SMHA. Amendments have been submitted to Health & Law Department for the approval. I hope for prompt response. This activity will further support to the enactment of mental health related rules in Sindh. Another important initiative taken by the SMHA in first tenure was to register the Psychiatrists because presently there is no any regulatory body exist for psychologist. This difficult task was initiated with the help of Sindh University & Karachi University. .

SMHA established official website, facebook, twitter account & Ytube channel. These all activities are being regularly update and monitored by the SMHA team. Now all SMHA activities can be viewed at SMHA website, Facebook, Twitter and Ytube Channel. SMHA has also established two help lines, one at Sir Cowasjee Janahgir Institute of Psychiatry and Behavioral sciences and psychiatry ward of Jinnah Post graduate Medical Center. These two helplines have been established before COVID-19 pandemic. Honorable Syed Murad Ali Shah, Chief Minister Sindh, launched these help lines (Helpline UAN Number-111 117 642 with a prefix of 022 for SCJIPB and 021 for JPMC). Helplines are providing mental health



services to population of the province. SMHA will replicate these helplines in all districts of Sindh in near future.

SMHA believes in joint collaborative efforts, team signed Seven Memorandum of Understanding (MoU) with Brain Trust UK, Thar foundation (a tele-health facility will be provided through civil hospital Mithi, connecting all Tehsil /Taluka Hospital of Tharparkar), LUHMS, SCJIPB, DHO Health Mithi/ Health Department, Government Hospital Mithi, and Deputy Commissioner Mithi. These initiatives will become regular part of the on-going health services system.

SMHA with the help of the Liaquat University of Medical Sciences (LUMS) has established FM radio services. FM services are now offering three days psychiatric awareness to the rural masses. SMHA will replicate same efforts in near future with the help of Dow University of Medical Sciences. SMHA's achieved another mile stone of the plantation of trees. SMHA with the help of Forest Department, Government of Sindh has worked on concept of the urban forest. The first urban forest initiative has been implemented in Sir Cowasjee Institute Hospital, Hyderabad Sindh. SMHA will replicate these initiatives in hospitals all around Sindh. Capacity building of the General Physicians & Psychiatrists is a regular activity. The idea behind this activity is to train the General Physicians both in public and private sector so that they treat minor mental ailments in Basic Health Units, Clinics and in private hospitals. SMHA team has developed training material and conducted a training of the trainers held in Karachi, Sindh. Around one hundred plus Psychiatrists & General Physicians have attended training event. Now this pool of the Master Trainers will train Doctors, Paramedics, Lady Health Workers all around Sindh. This process of the replication of training has been discontinued due to COVID19 pandemic. Training will start as pandemic subside.

SMHA conducted a very important research on all reported cases of suicide in Sindh in last five years. SMHA conducted this research study in collaboration with Home Ministry and Ministry of Health. All data of reported cases of suicide has been collected and published & shared with general public. SMHA also conducted a research study on the impact of COVID19 on Mental Health. This research study was conducted in collaboration with the Health and Nutrition Development Society (HANDS), Edhi Foundation, Liaquat Medical University, Karachi University & Jinnah Medical University. This is first type of impact of

COVID19 research study on mental health conducted by the SMHA. Research study has been published and shared with stakeholders. SMHA also conducted research study on the "Assessment of Mental Health Problems in Young Adolescents during the Covid-19 Pandemic", "Prevalence of Depression and Symptoms of Post-Traumatic Stress Disorder among COVID-19 Patients" and "Mental Health and Wellbeing Survey of People of Nabisar, Umerkot". Reports of all research studies have been published in SMHA quarterly magazine and shared with the relevant stakeholders.

These all research reports have revealed that cases of mental health, depression, suicide and post pandemic issues are increasing. SMHA is trying its level best to address mental health issues through different activities all around Sindh.

SMHA has signed MoU with the Justice Society Project. SMHA team is regularly visiting mental health wards of different hospitals all around Sindh and providing technical support through experts in mental health field. SMHA has conducted one day training about the "Psychological impact". Training was conducted by the experts of SMHA.

SMHA Board of Directors meetings have been conducted regularly. In first tenure around ten Board meetings held. Board have decided about SMHA activities. Board has decided to expand SMHA offices network at divisional level. SMHA presence at divisional level will further support mental related activities. Currently 150 Psychiatrists are registered but there is need of more Psychiatrists (atleast two Psychologists and two Psychiatrists are required at divisional & district level) to face challenges of mental health. I would like to request Public Service Commission to announce vacant positions of Psychiatrists, which is strong need due to increasing level of mental health in Sindh. SMHA requested Health Authorities to amend the laws and include Psychologists in ambit of the mental health. There is strong need of Psychologists to support Psychiatrists in Mental Health challenges. I hope Health Department will support for this noble cause, which is need of the hour. There is need of Psychiatry wards in private medical universities, hospitals. Sindh Government can ask private institutions to establish psychiatry wards. This activity will further support and enhance network of mental health facilities. Psychiatry as subject can also be introduced in final year of MBBS.

SMHA is currently facing shortage of employees. We are waiting for the approval of our request to relevant authorities about hiring of professionals & support staff. I hope we will hire professional & support staff after approval.

I also like to share that I personally faced Corona virus and remained in ICU. Now I am getting better after my continuous fight with Covid19. During my illness activities suffered to some level but we achieved all targets. Thanks to all friends and well-wishers for their kind support during my illness.



WAY FORWARD

Sindh Mental Health Authority, as Advisory Board will work on following steps during second tenure to improve mental health condition of masses;

➤ **Mental Health Care in the Community & Mobilization**

Mental health services should be provided in the community, mental hospitals and institutions (Public & Private). Community care results in better treatment outcomes and quality of life for individuals with chronic mental disorders. SMHA in collaboration with Health Department, Govt of Sindh, will conduct training of Doctors, Nurses, LHWs and other supporting staff about Mental Health Issues. SMHA will also conduct training/mobilise Educational Institutions, Judiciary, Media, Civil Society Organizations, Lawyers and Policy Makers in Government about Mental Health related policies/issues.

➤ **Support Legislation, Policies & Programs**

Mental health policy, programmes and legislation are necessary for significant and sustained actions. They should be based on current knowledge and human rights considerations. Mental health reforms should be part of larger health system reforms. There is need to increase their budgets for mental health. Progress in implementing mental health care programmes has been made in SMHAs last tenure. There is need of further legislation on Mental Health issues. SMHA has advised Government in legislation and amendments in Mental Health Act. We have suggested Sindh Government for hiring of two Psychiatrist & Two Psychologists for at Divisional/District level through Public Service Commission. Our request for hiring is pending. I hope for early approval so that we move forward.

➤ **Linkages Development**

War, conflict, disasters, unplanned urbanization, loss of employment and poverty are determinants of mental ill health as well as barriers to treatment. The work of sectors other than health, such as education, labor, welfare, and law, greatly affects the quality of life of people with mental disorders. These sectors should be involved in improving the mental health of communities. Civil Society Organizations should also be encouraged to support and participate in local initiatives.

➤ **Research**

In first tenure, SMHA conducted research on different topics related to Mental Health

Issues. More research into biological, psychosocial and service provision aspects of mental health is needed in order to increase the understanding of the cause, course and outcome of mental disorders and to develop more effective treatment services. Such research should be carried out to understand variations across communities. Also more research will be conducted on COVID19 issues and post mental health problems.

I proudly announce that first time in Pakistan, SMHA has conducted a research on “Impact of COVID19” and released report. SMHA understands that there is need of same research at country level. I hope other provinces, federal institutions/health departments will take initiative and conduct research on Impact of COVID19.

➤ **Awareness Programs on Social, Electronic & Print Media**

Sindh Mental Health Authority will initiate awareness program about Mental Health Issues on social, electronic, digital and print media. SMHA will convey Mental Health care related messages through all print and electronic media. FM Radio station will be established to initiate awareness programs. SMHA would like to suggest Government of Sindh to start Digital Psychiatric Services in Sindh.

➤ **Establishment of Mental Health Wards**

Health Department, Government of Sindh has established at Sukkur, Larkana, Nawabshah & Hyderabad. These same wards are needed at all health related teaching institutions in Sindh. SMHA will suggest Health Department for the establishment of Mental Health Wards in all Divisions/District Headquarter Hospitals of Sindh.

➤ **Psychiatric Camps in District Tharparkar**

In current month, SMHA will organize Psychiatric camps in all tehsils of District Tharparkar, Sindh. The camps will organize with the help of Thar Foundation, JPMC, DMC, Sir Cowasjee Institute and Volunteer Psychiatrists. Karachi University & Sindh University will also participate. Psychiatric camps will register/facilitate patients, identify cases and to increase people's awareness about mental illnesses.

➤ **Establishment of Mental Health Help Lines**

SMHA has established three Helplines at Sir Cowasjee Institute, Hyderabad, JPMC, Civil Hospital (Dow University) in first tenure. SMHA will establish Helplines at Divisional & Districts level during second tenure. Helplines are providing services to patients and general public about mental health issues.

All activities of Sindh Mental Health Authority are available on Website, Facebook, Twitter and Ytube channel.

ACTIVITIES

TELE-HELP TO PREVENT SUICIDES IN THAR



Memorandum of Understanding Signing Ceremony between Sindh Mental Health Authority, Health Department Govt of Sindh, Thar Foundation, Sir Cowasjee Jahangir Institute of Psychiatry & Behavioral Sciences, Liaquat University of Medical & Health Sciences and District Administration Thar regarding Tele-Help to prevent suicides in Thar-Darbar Hall, DC Complex Mithi, Tharparkar.



BOARD OF VISITORS AT PSYCHIATRY WARD, LYARI GENERAL HOSPITAL, SINDH



SEMINAR OF PSYCHIATRIST'S OF SINDH AT BEACH LUXURY HOTEL, KARACHI



WORKSHOP AT BEACH LUXURY HOTEL WITH PSYCHIATRIST'S OF SINDH, TRAINING OF THE DOCTORS OF SINDH REGARDING PSYCHIATRIC ILLNESSES



MEETING FOR INAUGURATION OF PEADS WARD



Meeting regarding the inauguration of PAEDS (Psychiatric Ward) at Sindh Government Children Hospital, Nagan Chowrangi, Nazimabad.

SMHA in clobbered with Health Dept. Poverty Eradicate Initial (PEI) opened PEADS (psychiatrics) Ward in Sindh Govt. Children Hospital. A Psychiatrist has been posted. This first time Thatta psychiatrics ward has been established in PEADS Ward.



COWASJEE SPORTS LEAGUE (CSL) AT SIR COWASJEE JAHANGIR INSTITUTE OF PSYCHIATRY, HYDERABAD



VISIT OF HELPLINE AT PSYCHIATRY WARD, JINNAH POSTGRADUATE MEDICAL CENTER, KARACHI



SMHA in Collaborate with IPMC establish Helpline at Jinnah Postgraduate Medical Centre. This Helpline providing Support to meet health patient and masses relate to Sindh Mental Health Authority.



MoU for the development of Urban Forest at Sir Cowasjee Jahangir Institute of Psychiatry & Behavioral Sciences Hyderabad, signed by Chairman, Sindh Mental Health Authority, Vice Chancellor, LUMHS, M.S, SCJIP Hyderabad and Dr. Marvi Qureshi, SMO - International Secretariat, LUMHS

INAUGURATION OF PSYCHIATRY WARD AT SINDH GOVERNMENT QATAR HOSPITAL, ORANGI TOWN, KARACHI



VISIT TO FM RADIO AT LIAQUAT UNIVERSITY OF MEDICAL & HEALTH SCIENCES, HYDERABAD



Chairman Sindh Mental Health Authority visit FM 96.6 Radio State Liaquat University of Medical Health Sciences. This Radio State in mobilizing about Mental Health Issues raising awareness, airing programs on Mental Health.

MEETING WITH DIRECTOR GENERAL, HEALTH SERVICES SINDH AND DISTRICT HEALTH OFFICER'S OF WHOLE SINDH REGARDING PSYCHIATRIC ILLNESSES AND SUICIDES



A meeting of SMHA held with Director General Health Hyderabad. In meeting participant, discussed about Mental Health Issues, responses about suicides in Sindh. Suicide ratio is increasing in Sindh. Participants discussed different aspects of increasing Suicide ratio & suggested measures.



ONE DAY SEMINAR ON SINDH MENTAL HEALTH ACT



One Day Seminar on Sindh Mental Health Act organised by Sindh Mental Health Authority in collaboration with Ghulam Muhammad Mahar Medical College Sukkur & Health Department, Govt of Sindh --- Lecture Hall, Ghulam Muhammad Mahar Medical College Sukkur. Participant, discussed Sindh Mental Health Act. Participant, took interesting this very impetrated awareness Section.



MEETING WITH PSYCHOLOGISTS OF SINDH

Meeting with Psychologists of Sindh at Indus Hotel Hyd regarding Amendment in Sindh Mental Health Act. Psychologists: Prof. Irfana Shah, University of Sindh, Prof. Qudsia, University of Karachi, Institute of Clinical Sciences, Bahria University, Dr. Rubina Qudwai Member SMHA. Dr. Karim Ahmed Khuwaja, chairman SMHA teach participant, discussed issued, related to Mental Health Suggested amendment in ACT.



ONE DAY SEMINAR ON WORLD SUICIDE PREVENTION DAY

One Day Seminar on World Suicide Prevention Day 2019 regarding "Working together to prevent suicide" organized by Sindh Mental Health Authority, Department of Psychiatry & Behavioral Sciences LUMHS, SCJIP, Pakistan Psychiatric Society (Sindh Chapter) at Hyderabad.



INAUGURATION OF PAEDS (PSYCHIATRIC WARD)



Inauguration of PAEDS (Psychiatric Ward) at Sindh Government Children Hospital managed by Poverty Eradication Initiative --- Sindh Government Children Hospital, Nagan Chowrang, Nazimabad.



SEMINAR ON SUICIDE BY KARWAN-E-HAYAT



SMHA attended awareness seminar about suicide issue conducts by the Kanwan e Hayat Organic Participant, discussed measures for prevention of Suicide in Sindh.



SIGNING OF MEMORANDUM OF UNDERSTANDING



Memorandum of Understanding signing ceremony between Sindh Mental Health Authority and Brain Trust UK to promote Mental Health & Human Nutrition in Sindh. SMHA signed MoU with Brain Train UK. SMHA Brain Trust will cooperate in Mental Health Issues, Malnutrition and related Health issues in Sindh.



SEMINAR ON MENTAL HEALTH ISSUES AT JINNAH POSTGRADUATE MEDICAL CENTER, KARACHI



VISIT TO ANTI NARCOTICS HOSPITAL AT LYARI, KARACHI



SEMINAR ON SINDH MENTAL HEALTH ACT



Seminar on Sindh Mental Health Act & Mental Health Issues organized by Sindh Mental Health Authority in collaboration with Liaquat University of Medical & Health Sciences and Sir Cowasjee Jahangir Institute of Psychiatry, Hyderabad, at SCJIP Hyderabad.



SEMINAR ON MENTAL HEALTH ACT

Seminar on Mental Health Act held at Institute of Behavioral Sciences, Dow University of Health Sciences, Ojha Campus, Karachi.



TWO DAYS WORKSHOP TRAINING FOR MEDICAL OFFICERS

Two Days Workshop Training for Medical Officers "Recognition & Prevention of Suicide in High Risk Population in District Tharparkar at Mithi organized by Sindh Mental Health Authority in collaboration with LUMHS and Health Department, Govt of Sindh.



MEETING WITH V.C, UNIVERSITY OF SINDH

Meeting with V.C, University of Sindh, V.C LUMHS, Dr. Aijaz Qadir Patoli MS/ CEO SCJIP, Prof. Zarrin Abbasi, Dean Social Sciences, Prof. Irfana Shah regarding Act passed by the Sindh Assembly for Sir Cowasjee Jahangir Institute of Psychiatry & Behavioral Sciences Act 2019.



SIR COWASJEE JAHANGIR INSTITUTE OF PSYCHIATRY

Sir Cowasjee Jahangir Institute of Psychiatry tree plantation for urban forest park for the patients was done at 6 am in evening , it is on 3 acres another 3 acres will be done later by forest department of Govt of Sindh.



VISIT OF SIR COWASJEE JAHANGIR INSTITUTE OF PSYCHIATRY

Visit of Sir Cowasjee Jahangir Institute of Psychiatry, Hyderabad along with Prof. Haroon and other Psychiatrists visited for 6 Hrs, Prof. Haroon was directed by Supreme Court to present the report of Sir Cowasjee Jahangir Institute of Psychiatry, Hyderabad.

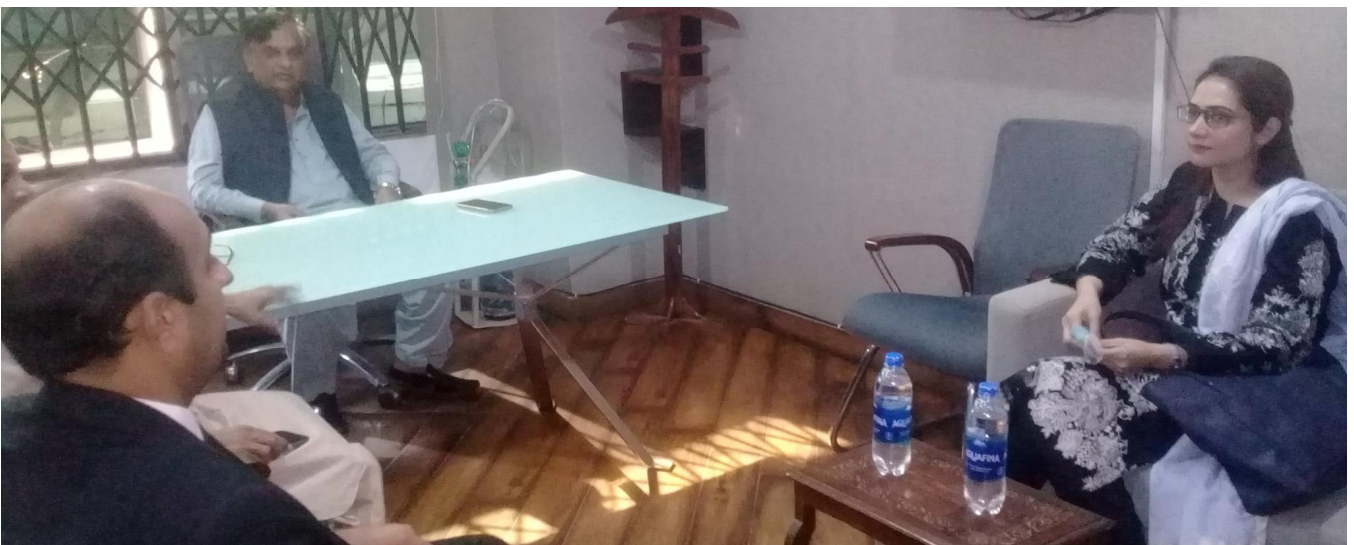


BOARD OF VISITORS VISIT TO JINNAH POSTGRADUATE MEDICAL CENTRE, KARACHI



SMHA CONDUCTED MEETING WITH KARWAN-E-HAYAT INSTITUTE FOR MENTAL HEALTH CARE

Dr Karim Ahmed Khuwaja, Chairman SMHA conducted meeting with Karwane Hayat, NGO at SMHA office. Mr. Irshad Khokhar, Secretary SMHA, Ms. Tamkeen Kashif Abbasi, Chief of Staff & Head Karwan-e-Hayat and Mr. Asad Ali Laghari, Assistant Manager Resource Mobilization, Karwan-e-Hayat joined the meeting. Participants discussed activities of SMHA and Karwane Hayat and future collaboration.



DISTRIBUTION CERTIFICATES TO PARTICIPANTS IN PSYCHOLOGY AUTOPSY



SMHA distributed appreciation certificates in participants. Psychology Autopsy is most important activity conducted by SMHA. SMHA appreciated role of participants in conduction of Psychology Autopsy activity.



FOLLOW UP MEETING WITH CHARTER FOR COMPASSION, PAKISTAN



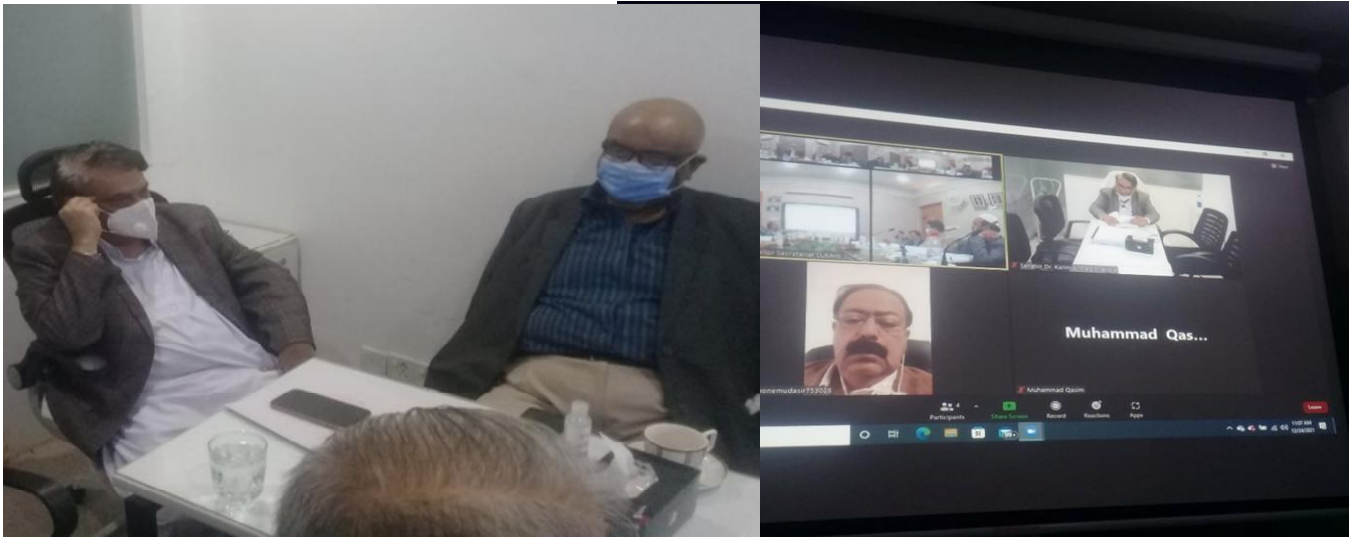
SMHA conducted meeting with team of Charter for Compassion, Pakistan. SMHA and Charter for Compassion, Pakistan signed MoU for collaboration in activities related to Mental Health Issues. Participants of meeting discussed MoU activities and agreed to conduct joint activities as agreed in MoU.



CHAIRMAN SMHA LAUNCH 3RD MAGAZINE OF SMHA



CHAIRMAN SMHA PARTICIPATED IN 50TH SYNDICATE MEETING OF LUMHS



2ND MEETING REGARDING 3RD MAGAZINE OF SMHA



EDITORIAL BOARD MEMBERS ATTENDED THE MEETING, HELD AT SMHA OFFICE



Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority chaired a meeting regarding 3rd Magazine of Sindh Mental Health Authority. Editorial Board members attended the meeting, held at SMHA office.

SINDH MENTAL HEALTH AUTHORITY AND JUSTICE SOCIETY SIGNED MoU



SMHA and Justice Society signed MoU to conduct activities related to mental health issues and responses. SMHA & Justice Society help each other in mobilization activities & support treatment of prisoners facing Mental Health issues.

THAR FOUNDATION ORGANIZED A THREE DAYS TRAINING WORKSHOP OF LADY HEALTH WORKERS ON TELE HELP SERVICE ON MENTAL HEALTH



Sindh Mental Health Authority in collaboration with Thar Foundation organized a three days Training Workshop of Lady Health Workers on Tele Help Service on Mental Health. Workshop held from 25th January to 27th January 2021, at Mithi, Tharparkar. Organized. SMHA Team, Thar Foundation Team and Lady Health Workers participated in event.



SINDH MENTAL HEALTH AUTHORITY LAUNCHED RESEARCH

Sindh Mental Health Authority launched three Researches i.e. 1) Assessment of Mental Health Problems in Young Adolescents during the Covid-19 Pandemic. 2) Prevalence of Depression and Symptoms of Post Traumatic Stress Disorder among Covid-19 Patients presented at Follow-up Visit at Jinnah Postgraduate Medical Centre, Karachi Pakistan. 3) Mental Health and Wellbeing Survey of People of Nabisar, Umerkot.



MEETING WITH NGO(TASKEEN SEHATMAND PAKISTAN)



SMHA Team conducted a collaboration meeting with team of Taskeen Sahetmand Pakistan. SMHA and Taskeen Sahetmand Pakistan will support each other in activities related to Mental Health.

SINDH MENTAL HEALTH AUTHORITY LAUNCH A RESEARCH REPORT ON PSYCHOLOGICAL AUTOPSY OF SUICIDE CASES REGISTERED AT DISTRICT THARPARKAR IN 2020



MEETING ON PSYCHOLOGICAL AUTOPSY OF REGISTERED CASES OF SUICIDE



SMHA VISIT TO SCJIP&BS HYDERABAD

Senator Dr Karim Ahmed Khawaja Chairman Sindh Mental Health Authority today visit to Sir Cowasjee Jahangir Institute of Psychiatry and Behavioural Sciences, Hyd there M.S, SCJIP&BS Mr. Amir Dabeer and Dr. Prem visit him all hospital along with para medic staff



MEETING WITH DR. AIJAZ KHANZADA, ADVISOR TO HEALTH DEPARTMENT



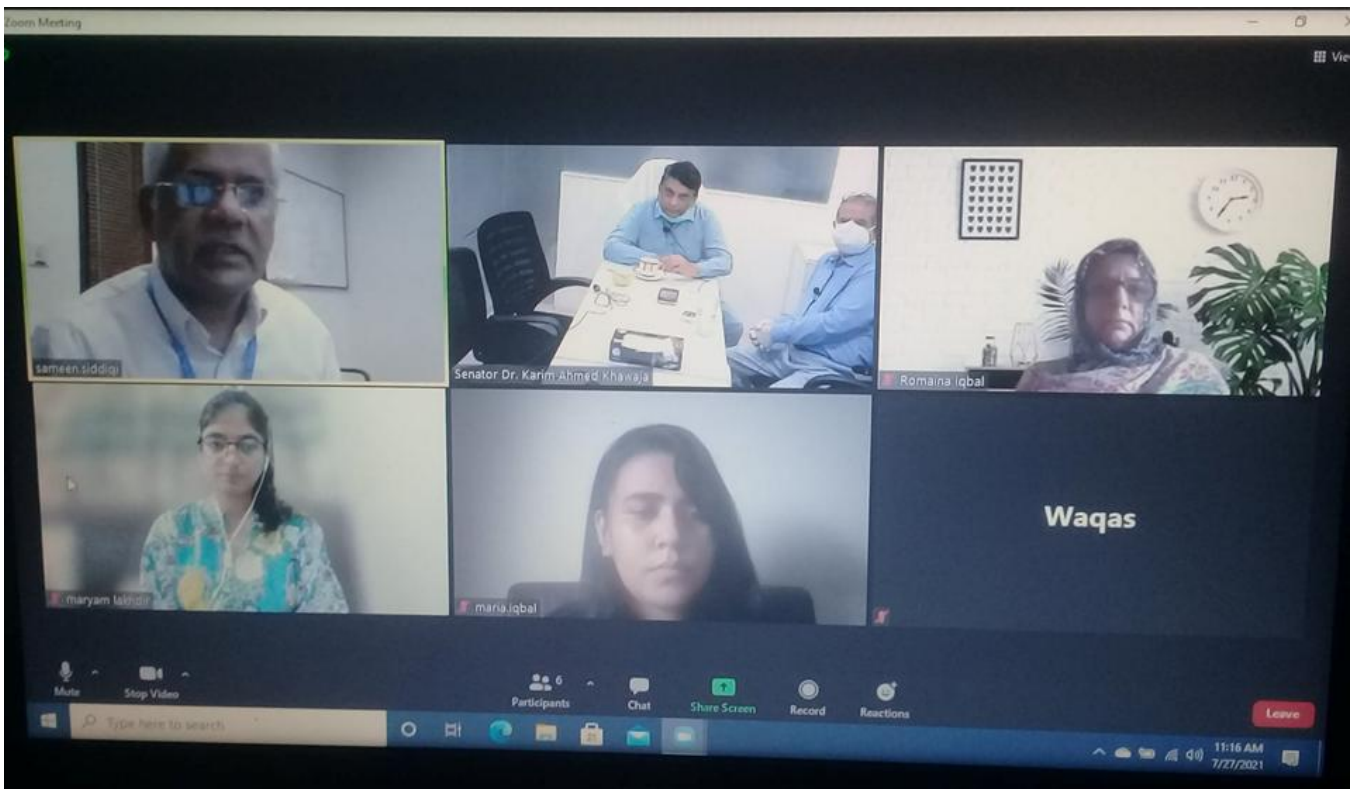
9TH BOARD OF GOVERNORS MEETING OF SINDH MENTAL HEALTH AUTHORITY



MEETING WITH DR. SAMEEN SIDDIQUI & TEAM, AGA KHAN UNIVERSITY



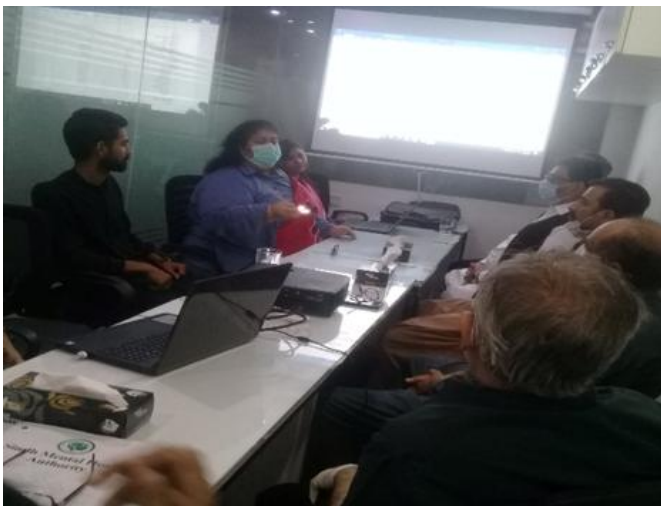
A collaboration meeting held with team of the Aga Khan University. SMHA Chairman & Team participated in the meeting. AKU team briefed about Mental Health related activities and future collaboration. Teams agreed to work on different Mental Health Issues.



PRESENTATION ON RESEARCH ABOUT IMPACT OF COVID-19 PANDEMIC



1/2. Senator Dr. Karim Ahmed Khawaja, Chairman SMHA call a meeting about Research on Impact of Covid-19 Pandemic on Mental Health issues, in which all stake holders were participated and given presentation about Research, in the meeting Mr. Faisal Edhi, CEO Edhi Foundation....



CHAIRMAN SMHA VISIT TO YOUNG PSYCHOLOGISTS ASSOCIATION OFFICE



SECRETARY SMHA VISIT BILQUIS EDHI FOUNDATION



2ND INTERNATIONAL CONFERENCE



2nd International Conference "Post-Covid Impact on Mental Health of Millennials, Physical, Social & Education Challenges" on 10th March, 2022, at 09:20 a.m, organized by Department of Psychology, Karachi University, in which Senator Dr. Karim Ahmed Khawaja, Chairman, Sindh Mental Health Authority participated as Chief Guest in conference, wherein Chairman SMHA speech and distributes shields to Prof. Nasira Dr. Nasira Khatoon, Vice Chancellor, University of Sindh, Prof. Qudsia Tariq, Head of Psychology Department, University of Karachi, Dr. James Kay, Head of Psychology Department, Kabarak University, Kenya and others



SINDH MENTAL HEALTH AUTHORITY AND HANDS HAS ORGANIZED CERTIFICATE DISTRIBUTION CEREMONY



Sindh Mental Health Authority and HANDS has organized Certificate Distribution Ceremony to Contributors of Research Study conducted on Impact of Covid-19 Pandemic on Mental Health in Population of Sindh. The study and event were conducted in with collaboration and supported by HANDS, LUMHS, Karachi



University, Law Collage Malir, Edhi Foundation and Dow University of Health Sciences, in the ceremony Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental



Health Authority and Mr. Tanvir Shaikh, CEO HANDS distributes the certificates to distributors, on this occasion Mr. Faisal Edhi, CEO Edhi Foundation, Prof. Bikha Ram Devrajani, Ex-VC LUMHS, Mr. Irshad Khokhar, Secretary SMHA, Prof. Qudisa Tariq, Head of Psychology Ward, University of Karachi, Mr. Riaz Hussain Baloch, Principal, SZAB Law College, Mr. Zahid Lashari, Dr. Gulzar, LUMHS and others were participated in the ceremony.



MEETING WITH HOME SECRETARY, GOVT. OF SINDH



MEETING ABOUT PSYCHOLOGICAL AUTOPSY OF DISTRICT THARPARKAR PATIENTS



INTERNATIONAL WORLD DRUG DAY 2021

Celebrating
**INTERNATIONAL WORLD
DRUG DAY 2021**

پاکستان کونشے سے پاک بنانے کے عزم میں ہمارا ساتھ دیں۔

Guest of Honour

SENATOR DR. KARIM AHMED KHUWAJA
CHAIRMAN SINDH MENTAL AUTHORITY

Powered by

YOU MANAGE THINGS: YOU LEAD PEOPLE

DETAILS

26th JUNE, 2021
 11:00 AM TO 1:00 PM [SATURDAY]
LOCATION: JINNAH AUDITORIUM CITY COURT KARACHI

/youngpsychologistsassociation /goonjproduction +92 300 4522

MEETING ABOUT IMPACT OF COVID ON MENTAL HEALTH HELD AT HANDS OFFICE



SMHA VISIT TO SCJIP&BS HYDERABAD



www.smha.sindh.gov.pk

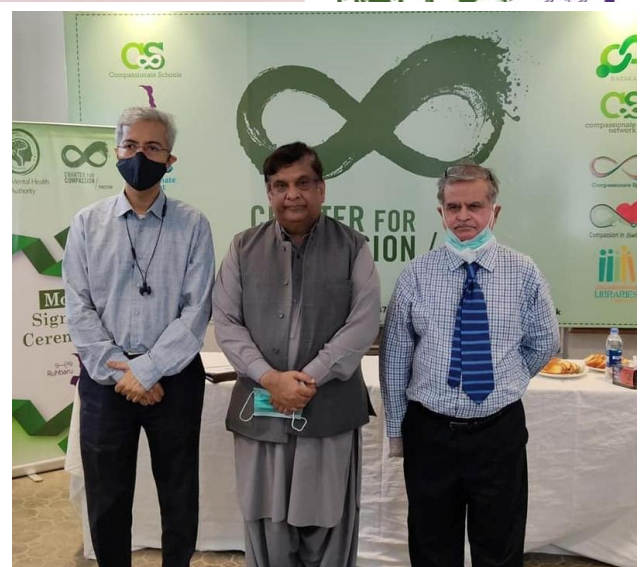
SINDH MENTAL HEALTH AUTHORITY TEAM VISIT OF LUMHS



www.smha.sindh.gov.pk

MOU SIGNED BETWEEN SMHA AND CHARTER FOR COMPASSION PAKISTAN

A Memorandum of Understanding has been signed between the Sindh Mental Health Authority and Charter for Compassion – Pakistan. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority and Mr. Amin Hashmani, Head of Charter for Compassion, signed MoU. SMHA & Charter for Compassion will support each other in activities related to Mental Health Issues.



ONE DAY TRAINING SESSION ON PSYCHOSOCIAL IMPACT ON MENTAL HEALTH

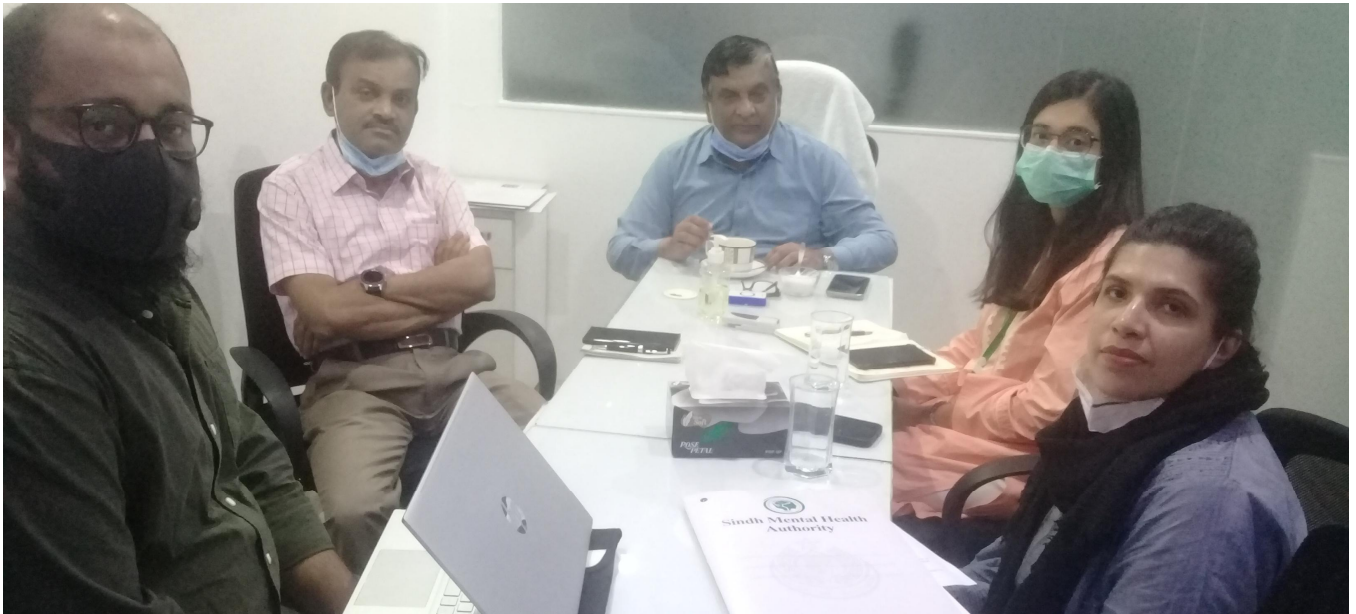


PSYCHOLOGICAL AUTOPSY OF SUICIDE PATIENTS IN THARPARKAR LAUNCHED

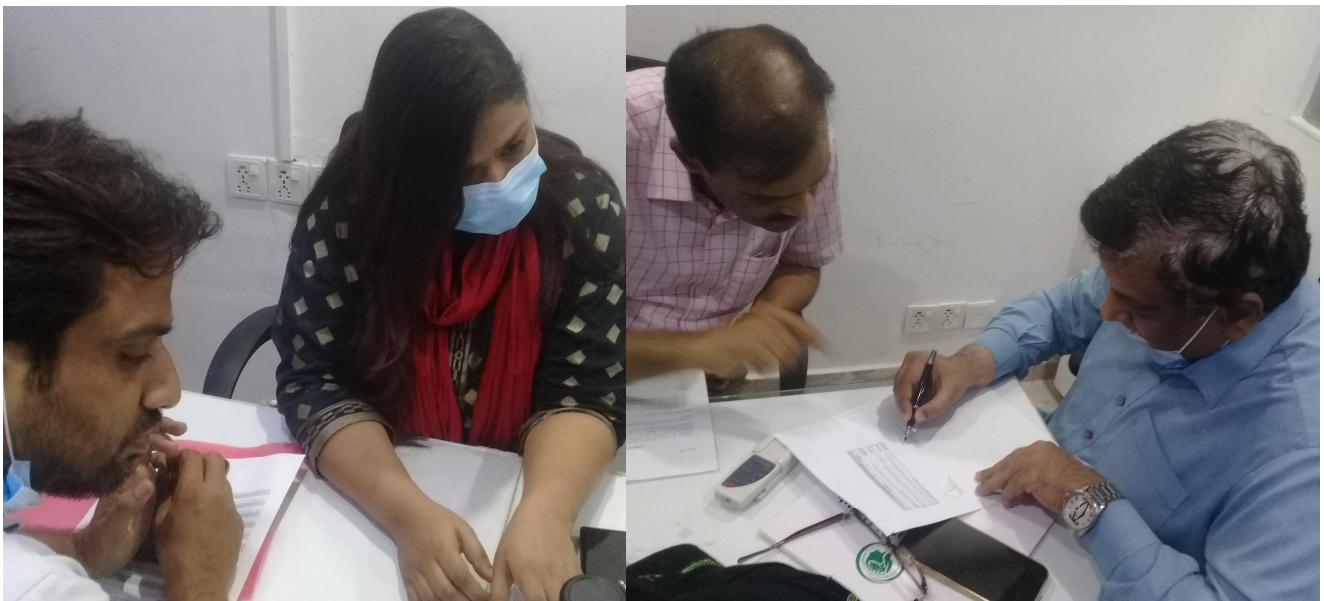


SMHA launched Psychological Autopsy of Suicide patients in Tharparkar, at area of Islamkot . Survey team started work (all stake holders) on Psychological Autopsy.

MEETING WITH CHARTER FOR COMPASSION, PAKISTAN



FOLLOWUP MEETINGS ABOUT RESEARCH ON IMPACT OF COVID-19 PANDEMIC



SMHA CONDUCTED MEETING WITH PAKISTAN PENAL CODE



ZOOM MEETING ABOUT RESEARCH STUDY ON MENTAL HEALTH



MEETING WITH SZABLC, HANDS, KARACHI UNIVERSITY, EDHI FOUNDATION



MEETING WITH THAR FOUNDATION ABOUT MENTAL HEALTH ISSUES



MEETING ABOUT SECOND SMHA MAGAZINE



FOLLOW UP MEETING WITH HANDS, NGO



MEETING WITH PAKISTAN YOUTH PARLIAMENTARY MEMBERS



MEETING ABOUT RESEARCH ON PSYCHOLOGICAL EFFECTS IN POPULATION



MOU SIGNED B/W SINDH MENTAL HEALTH AUTHORITY AND HANDS



MEETING ABOUT PREVENTION OF SUICIDE IN THAR



SMHA FOLLOW UP MEETING WITH IRD ON ZOOM



SMHA ORGANIZED SEMINAR ON RECOGNITION OF DEPRESSION- PREVTN OF SUICIDE CASES HELD AT MALIR



SMHA ORGANIZED SEMINAR ON HOW TO COMBAT SUICIDE



8TH MARCH WOMEN'S DAY PROGRAM ORGANIZED BY S.R ART PRODUCTION



MOU SIGNING CEREMONY BTW SMHA & SZABLC

SMHA & SZABLC signed Memorandum of Understanding. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority and Mr. Riaz Hussain Baloch, Principal Shaheed Zulfiqar Ali Bhutto Law Collage signed MoU. Mr. Irshad Khokhar, Secretary SMHA, Prof. Iqbal Afridi, Dean Head Department of Psychiatry & Behavioral Sciences, JPMC, Karachi, Dr. Salman Otho, Miss Mussrat Jabeen, Mr. M. Naeem Memon, Prof. SZABLC, Sajid Mangi, Lecturer SZABLC, Hanif Dilmurad, Lecturer SZABLC and Mr. G. Rasool Soho also participated in MoU signing ceremony.



MOU BTW SINDH MENTAL HEALTH AUTHORITY & SINDH HUMAN RIGHTS COMM

SMHA & Sindh Human Rights Commission signed MoU. Senator Dr. Karim Ahmed Khuwaja, Chairman Sindh Mental Health Authority & Justice (R) Majida Rizvi, Chairperson Sindh Human Rights Commission signed MoU. Ms Abida Lodhi, Secretary Sindh Human Rights Commission (SHRC), Mr. Irshad Khokhar, Secretary Sindh Mental Health Authority and M/s Nussrat Jabeen, Member SMHA witnessed MoU signing ceremony.



MENTAL HEALTH SEMINAR 2020 ORG: BY YOUNG PSYCHIATRY ASSOCIATION

The Young Psychiatry Association organized Mental Health Seminar 2020. Senator Dr. Karim Ahmed Khawaja, Chairman Sindh Mental Health Authority participated as Chief Guest. Dr. Iqbal Afridi, Irfana Shah, Aafia Siddique's Sister Aasia Siddiqui and others participated in seminar. Seminar held at Najmuddin Auditorium Hall, Jinnah Post graduation Medial Centre, Karachi



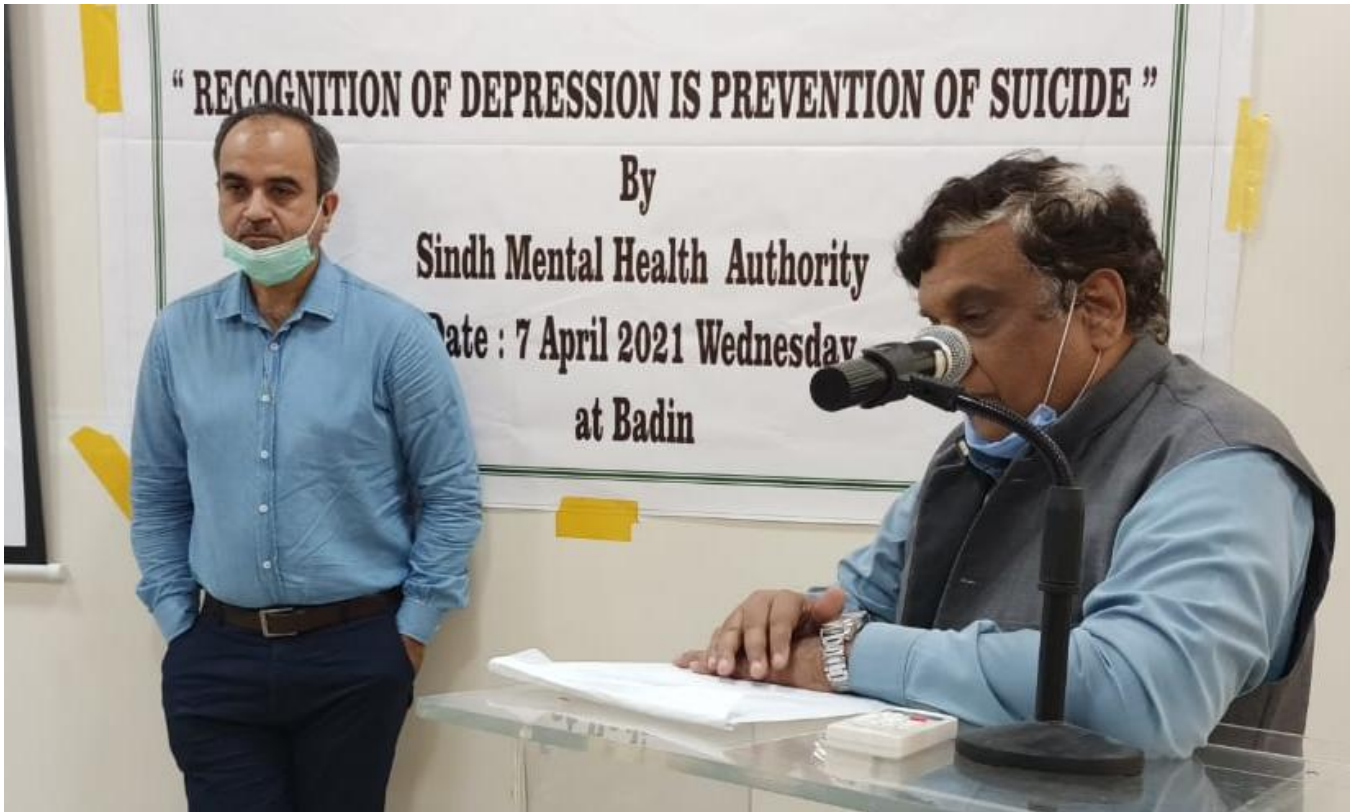
**SINDH MENTAL HEALTH AUTHORITY LAUNCHED A
RESEARCH REPORT REGARDING
“IMPACT OF COVID19 ON MENTAL HEALTH IN
POPULATION OF PROVINCE SINDH”**



**DREAM ART GALLERY CELEBRATING
SILVER JUBILEE EVENT**



RECOGNITION OF DEPRESSION IS PREVENTION OF SUICIDE



Recognition of depression is prevention of suicide. Sindh Mental Health Authority arrange a training of Doctors about the prevention of suicide. Training was held at Badin, Sindh. 100 Doctors participated in training. Professor Haider Naqvi of Dow University of Health Sciences along with Dr. Ali Wasif and Dr. Jameel Junejo gave the lecture about Depression and Prevention of Suicide. Training was organized by DHO DHO District Badin.



RESEARCH STUDIES

RESEARCH REPORTS

The Sindh Mental Health Authority (SMHA) is conducting research on different mental health related issues. Following researches have been conducted during last quarter:

- **Psychological Autopsy of Suicide Cases in District Tharparkar, Sindh**

Psychological Autopsy is the reconstruction of events leading to suicide; ascertainment of the circumstances of the event, including suicidal intent; and an in-depth exploration of other significant risk factors for suicide (International Journal of Psychiatry).

Psychological autopsy is the standard approach to augment the information obtained from a death certificate. Information is gathered through a semi-structured interview of key informants, and discrepancies are resolved by re-interviewing informants and through a case conference using 'best estimate' procedures.

This is the first time that SMHA is conducting Psychological Autopsy of Suicide Cases in District Tharparkar.

SMHA is conducting this research in collaboration with the Thar Foundation, Liaquat University of Medical Health Sciences, Dow University of Health Sciences, Psychological Department, University of Sindh, Jinnah Postgraduate of Medical Center Psychiatry Ward, Sir Cowasjee

Jehangir Institute of Psychiatry & Behavioral Sciences & Health Department, Mithi, Government of Sindh. The outcome of research will support in addressing issues of suicide in district Tharparkar, Sindh.

(Note: This research report has been launched)

- **Impact of COVID19 pandemic on Mental Health in general population of Sindh**

Coronavirus pandemic rapidly spreads across the world. Sindh, Pakistan is also suffering. Pandemic has induced a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults, care providers and people with underlying health conditions. In public mental health terms, the main psychological impact to date is elevated rates of stress and anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people's usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.

This research study will address above issues and suggest measures to control impact of pandemic. Research study started from first week of June 2021. SMHA is conducting research in collaboration with



Health & Nutrition Development Society (HANDS), Psychology Department of Dow University of Health Sciences, Karachi, Edhi Foundation, Liaquat University of Medical Health Sciences (LUMHS) & Shaheed Zulifqar Ali Bhutto Law College, Malir Karachi.

(Note: This research study has been launched)

- **Prevalence of Mental Health Disorders on COVID19 Cases**

The global COVID-19 pandemic has generated major mental and psychological health problems worldwide. Sindh Pakistan has been largely affected due to first, second & third wave. Around 400,000 people have been affected till today.

SMHA in collaboration with Psychiatry Ward of the Jinnah Postgraduate Medical University, conduct research to assess the prevalence of depression, anxiety, distress, and insomnia during the COVID-19

pandemic.

This research study along with the followup of COVID19 patients is under progress.

(Note: This research report has been launched)

- **Prevalence of Distress and Fear of COVID19 in Adolescents**

COVID19 pandemic has greatly affected adolescent people. Pandemic has created depression, anxiety, distress & fear in adolescent patients of COVID19.

SMHA is conducting this study in collaboration with the Psychiatry ward of the Jinnah Postgraduate Medical University, Karachi Sindh.

(Note: This research report has been launched)



LAUNCHING OF RESEARCH REPORT ON SUICIDE IN SINDH

Sindh Mental Health Authority has been formed under the law passed as an act



under Section no. 3, No. PAS. Legis-B-13/2013, effect from 7th August, 2013. SMHA is endeavoring for advancement of mental health.

According to findings of the World Health Organization, there are twenty causes of death across the world, with more deaths due to suicide than malaria, breast cancer, or war and homicide. Every 40 seconds a person dies by suicide someplace in the world.

In Pakistan, significant surge in suicide cases has observed between range of 7.5 to 2.9 per 100,000 people in last decade, specific period (2012 & 2016). The number of people dying is likely somewhere between the two figures signifying the lack of systematic data recording or registering with information come from small scale to lead the variation to actual number of cases of suicides is higher

than what is recorded or estimated.

In order to achieve accuracy of information, recording of the cases with systematic approach is a must.

In this concern, Sindh Mental Health Authority has first ever organized efforts to conduct study on mapping the registered cases of suicide across the Sindh to assess data gaps, accuracy of recording the information, analyses of data and its result to restraint the situation through preventive framework in high risk districts.

The results of study with classified with high risk areas, gender, age group, religion must lead to bring competitive authorities, concerned ministries, parliamentarians on board to promote the legislation of Suicide Act for managing the suicide crises according to law and step forward for suicide free society.





Study has identified many gaps of in recording of data of suicide cases at concern offices; there is no uniformity in format, no fully compilation of data in columns of format of victim profile.

In this study, research has been limited to obtain information / data from only registered cases at District Health Offices and District Police Offices of Sindh Province rather so many number of cases are not included in study those were reported in media, private hospitals even not registered by families of victims at concern offices. So still we need more strategic planning and decision making to end / reduction of running phenomena of suicides, and must be notified, uniformed approach to register the victim profile for mapping of cases to strategic response throughout Sindh province. In furtherance to access on untapped sources to map receive remaining number of suicides.

Despite of this, Study has been successfully received targeted results for further policy and decision making, road map to move forward for concrete actions to make highly intensify society to counter the

District	#	%
Tharparkar	79	10.3
Badin	77	10.0
Dadu	73	9.5
Mirpur Khas	70	9.1
Sanghar	66	8.6
Umerkot	64	8.3
Tando Allahyar	40	5.2
TM Khan	33	4.3
Noshero Feroz	31	4.0
Hyderabad	28	3.7
Malir	24	3.1
Shikarpur	23	3.0
Karachi West	19	2.5
Shaheed Benazirabad	18	2.3
Sujawal	18	2.3
Jamshoro	14	1.8
Thatta	13	1.7
Karachi East	12	1.6
Karachi South	12	1.6
Ghotki	12	1.6
Matiali	10	1.3
Karachi Central	8	1.0
Jacobabad	7	0.9
Qamber Shahdad Kot	5	0.7
Khairpur	4	0.5
Larkana	3	0.4
Sukkur	3	0.4
Kashmore	1	0.1
Total	767	100.0

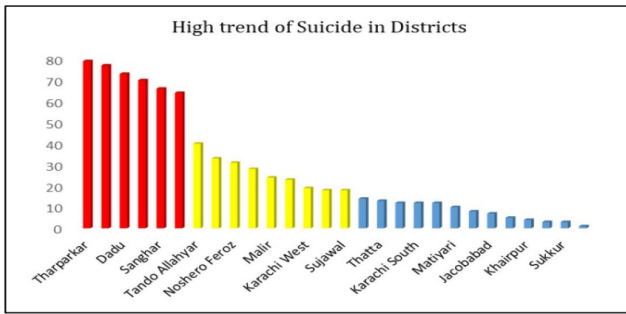
suicide challenges.

This study has provided encouraging information and opted (07) variables are including; Year, Gender, Age, Marital status, Religion, Methods of suicide and Reasons of suicide for envisage future strategies to combat the suicide issue of society..

In regard to assess the data of all districts of province, statistics are showing total numbers (767) of suicide cases registered from 2016- 2020.

Tharparkar, Badin, Dadu, Mirpur Khas, Sanghar, and Umerkot have highest rate of suicide that is 10.3% to 8.3% followed by (5.2%) to (2.3%) in nine (09) districts (Tando

High Trend of Suicide in Districts



Allahyar, TMK, Noshero Feroz, Hyderabad, Malir, Shikarpur, Karachi West, Shaheed Benazirabad, and Sujawal) in last five (05) years 2016-2020.

In remaining thirteen (13) districts the suicide ratio dropdown between the ranges of (1.8%) to (0.1%) as mentioned in the table.

District	#	%
Badin	47	6.1
Sanghar	38	5.0
Dadu	37	4.8
Umerkot	37	4.8
Mirpur Khas	34	4.4
Tharparkar	31	4.0
Tando Allahyar	29	3.8
Hyderabad	20	2.6
Shikarpur	19	2.5
Malir	18	2.3
Noshero Feroz	18	2.3
TM Khan	18	2.3
Sujawal	16	2.1
Karachi West	13	1.7
Shaheed Benazirabad	11	1.4
Jamshoro	11	1.4
Ghotki	10	1.3
Karachi East	9	1.2
Karachi South	9	1.2
Matiyari	9	1.2
Karachi Central	8	1.0
Thatta	8	1.0
Jacobabad	4	0.5
Khairpur	3	0.4
Qamber Shahdad Kot	3	0.4
Kashmore	1	0.1
Larkana	1	0.1
Total	462	60.23

According to gender wise classification

District	#	%
Tharparkar	48	6.3
Dadu	36	4.7
Mirpur Khas	36	4.7
Badin	30	3.9
Sanghar	28	3.7
Umerkot	27	3.5
TM Khan	15	2.0
Noshero Feroz	13	1.7
Tando Allahyar	11	1.4
Hyderabad	8	1.0
Shaheed	7	0.9
Benazirabad Karachi West	6	0.8
Malir	6	0.8
Thatta	5	0.7
Shikarpur	4	0.5
Karachi East	3	0.4
Karachi South	3	0.4
Jacobabad	3	0.4
Jamshoro	3	0.4
Ghotki	2	0.3
Larkana	2	0.3
Sujawal	2	0.3
Khairpur	1	0.1
Qamber Shahdad Kot	1	0.1
Matiyari	1	0.1
Total	301	39.24

of suicide cases (462) numbers of male that is (60.23%) and (301) numbers of female that is (39.23%) have been registered all over the province in last (05) five years.

The highest rate of male suicide is marked in district Badin, Sanghar, Dadu, Umerkot, Mirpurkhas, Tando Allahyar that is (6.1%) to (3.8%).

District	#	%
Sukkur	3	0.4
Qamber Shahdad Kot	1	0.1
Total	4	0.53

Rather female's highest rate of suicide has been recorded at Tharparkar, Dadu, Mirpurkhas, Badin, Sanghar, Umerkot that is (6.3%) to (3.5%).



IMPACT OF COVID19 PANDEMIC SUMMARY OF THREE RESEARCHES AUTONOMOUS STATUS

The Sindh Mental Health Authority (SMHA) conducted different activities. SMHA has launched three research reports:

1. *Assessment of Mental Health Problems in Young Adolescents during the Covid-19 Pandemic.*
2. *Prevalence of Depression and Symptoms of Post Traumatic Stress Disorder among COVID-19 Patients presented at Follow-Up Visit at Jinnah Postgraduate Medical Centre, Karachi, Pakistan.*
3. *Mental Health and Wellbeing Survey of People of Nabisar, Umerkot.*

These studies were a snap shot from three different domains to assess mental health, of adolescents, Covid-19 survivors and a community survey from village of province Sindh.

Corona virus disease, an extreme health, social and economic emergency impacted the world. Beside the precious loss of lives across the globe, the distress in form of anxiety, isolation and resulting depression created havoc and people are still struggling to get back to normal.

One of our studies, which measure the psychological problems in adolescents during pandemic / lockdown, had more than 150 responses across the province Sindh. The results showed around 80% of adolescents with high risk of clinically significant problems, and that Sindhi

individuals had significantly higher scores as compared to other ethnic groups. A significant relationship was also revealed among all those who have witnessed death of a known person during COVID-19 infection and the mental health stability.

The experience of living in quarantine, isolation, and even in intensive care unit had its impact on physical and mental health of individuals and various follow-up studies have proved it. During our second research project, that was conducted on patients who were coming for their follow-up after being discharged from COVID ward, we assessed symptoms of depression and symptoms of post-traumatic stress disorder.

We had 75 responses with 34 male and 41 female. People from various ethnicities, educational background and occupational status were part of it. Most of patients had no regular follow-up with their doctor. Our study showed that elder patients who survived COVID-19 were significantly more at risk of developing severe depression as compared to younger population ($p=0.04$). The study indicated that there is a link between education status and severity of depression. And all those patients who had complications during their stay in the intensive care unit had severe depression on their discharge follow-up.

Our study didn't show any significant



findings as for as the PTSD symptoms were concerned.

There are many publications measuring mental health burden among people reporting at hospital setting. In our last research, we opted for a survey at a village, Nabisar Thar, which is located in district Umerkot, Sindh. More than 500 people were enrolled in the study with an age range of 35 ± 12 years. Various scales were applied to assess "Wellbeing", "prevalence of Psychiatric disorders" and other "Covid-19 and its vaccine related questions".

The study indicates that the wellbeing of life of women was significantly poorer than their male counterparts. As for as psychiatric disorders were concerned, almost 33% people scored significant for it, which shows every one in 3 persons suffering from

some sort of mental health issue.

The questions related to covid-19, its vaccine and related questions were concerned, showed that older adults were significantly more likely to get vaccination shots as compared to adults. Three-fourth men were more likely to get a COVID-19 vaccine shot if advised by their General physician as compared to women. Similarly, higher education status was significantly associated with a high chance of getting a vaccine.

All these researches became possible with the support of Sindh Mental Health Authority and kind guidance of Dr. Karim Ahmed Khuwaja, the Chairman of SMHA.

(Article by: Dr. Jawed Dars.)



PSYCHOLOGICAL AUTOPSY OF REGISTERED CASES OF SUICIDE

Sindh Mental Health Authority has been taking the emerging issue of suicide across the province very seriously in the solicitude of positive mental health and has been keeping in touch with mental health experts and institutions, competent authority of provincial government to strategize the preparation to control the suicide rate through suicide prevention program across the province since its inception. In furtherance to keep continue the endeavors for suicide preventive approach Sindh Mental Health Authority set to subsequent step for Case Series Psychological Autopsy in reference of registered cases of suicide in district Tharparker which have been reported in last five years 2016 – 2020. (Reference Last study conducted by SMHA “ Sindh Mental Health Authority has been

continuously in coordination for collaborating with teaching institutions of behavioral sciences and mental health and their heads of departments and Engro Coal Mining Corporation for designing of Case Series Psychological Autopsy in district Tharparker with define objective to will be able to strategize the holistic approach for suicide prevention program at high risk districts of province on priority basis. The chiefly objective of last Psychological Autopsy will be replication of exercise in other districts so that will be able firstly to establish uniform mechanism of registration or recording of suicide cases with interlinked to concern departments such as Police and district health offices all over the province, Legislation of Suicide Act and decriminalization of suicide and postmortem of body must

be mandatory, youth emotional services / opportunities to prevent the suicide and adopt significant methods / attitudes to reduce suicide rate with prompt effect under the suicide prevention program along with coordination of other institutions of youth, women, sports, welfare to integrate the intervention. **AS PER KEY FINDINGS OF PSYCHOLOGICAL AUTOPSY OF REGISTERED CASES OF SUICIDE 2020 AT THARPARKER** There have been (n





= 33) registered cases of suicide identified for Psychological Autopsy, in which (21) cases of females and (12) of males' victims with ratio of about (64 - 36) percentage of female and male respectively across the said district. In furtherance of setting apart of gender with religion where, 14 females and 09 males were belonging Hindu religion those approx.: 70% portion of sample size with bifurcation of 42.5% females and 27.5% males respectively. And on other side there were 07 Muslim females and 03 males were suicide victim that is remaining 30% portion of total sample size of this study. According to statistics of socio-demographic division of marital status, where 12 victims were single including; 7males and 05 females. In next 14 victims were married including; 12 females and 02 males rather 03 males were engaged respectively. In rest of interviews 02 females were found divorced and 02 were engaged. In whole study, we had found only 01 case of

disability with limb amputated; the subject was 17 years old introvert personality and 1st in birth order among 5 siblings. Worked as a laboring in agriculture field and income was 6000/- PKR his family also had liability of loan amount: 70000/- PKR. Subject was severely concerned about his artificial limb installation and hunt appropriate job to pay off loan on priority basis so that move ahead to receive good opportunities for better life. According to statistics (24%) of suicide victims were mentally challenged and been suffering undiagnosed neurotic and psychotic illnesses rather 01 case of among them was diagnosed as a patient of schizophrenia. Among them around 18% of suicide victims been suffering undiagnosed psychotic disorders and remaining 6% of victims were facing neurotic problems. There is study found (24%) victims were express their wish to die due to critical situation such like financial constraints, chronic physical or mental health problems and social difficulties from them only 01 case of suicide of teenager, who had wished to die to meeting with grandparents in next life. There have been 36% victims were facing / had proximal stressors. And victims were bearing the visible mental burden | pressure in form of chronic mental illness, Adolescent Crises, domestic problems, financial problems, Unemployment, concerned for conceiving baby, unwanted pregnancy in love affair these reasons break them brutally. Among the all cases of suicide for psychological Autopsy one case of female teenager, she was 16 years old who did suicide with reason to failure of love with unwanted pregnancy.

(Article by: Mr. Ali Talpur)

❖ ❖ ❖

IMPACT OF PANDEMIC SUSTAINABLE DEVELOPMENT GOALS HEALTHY LIVES HEALTHY MINDS

When 20th century ended at a mix development note and 21st century started with a new hope, the world leaders gathered at the United Nations in 2000 to shape a broad vision to fight poverty in its many dimensions. All World leaders gathered at headquarter of the United Nations and translated their vision of fighting poverty into eight Millennium Development Goals (MDGs). These eight goals became the overarching development framework for the world for the 15 years. For fifteen years, the global community and national governments

have worked extensively in an effort to end poverty and hunger, eliminate inequalities, improve education, reduce child and maternal mortality, stem the tide of environmental degradation, reduce the rise of diseases and forge global partnerships. Remarkable gains have been made in the reduction of extreme poverty, increasing primary education access in the developing regions, ensuring gender parity in schools, improving health and disease outcomes and access to improved sources of water.

As the MDG period ended in 2015, the



world community again sat together and decided to move ahead with the Sustainable Development Goals (SDGs). World Nations met in 2016 at the United Nations and signed a new charter of the Sustainable Development Goals. Pakistan was the first signatory of the Sustainable Development Goals. There are 17 SDGs and 38 sub-goals, which all nations have promised to achieve. The World community has many reasons in its basket to celebrate. The MDGs helped to lift more than one billion people out of extreme poverty, to make inroads against hunger, to enable more girls to attend school than ever before and to protect our planet. World Nations promised to continue with the development and achieve sustain development targets. World have generated new and innovative partnerships, galvanized public opinion and showed the immense value of setting ambitious goals. By putting people and their immediate needs at the forefront, the SDGs reshaped decision-making in developed and developing countries alike. The global mobilization behind the Millennium Development Goals has produced the most successful anti-poverty movement in history, which now SDGs have taken forward. The landmark commitment entered into by world leaders in the year 2016. Thanks to very well concentrate and seriousness of the global, regional, national and local efforts, sound strategies, allocation of adequate resources and above all political will, the SDGs commitments by the nations of the Globe are saving the lives of millions of millions people and improved conditions for many more. The SDGs have been incredibly important for statistics, launching tremendous efforts to build capacity worldwide for data collection and use in policy making, monitoring and evaluation. This work will be crucial to tackle

the challenges yet to come for the monitoring of an even broader development agenda. The Sustainable Development Goal3 is for Good Health & Wellbeing. SDG3 have served as a framework for local, national, regional and global initiatives for the health and wellbeing of the nations around the Globe. In many parts of the world, especially in the poorest countries, the Health & Wellbeing initiatives have helped accelerate progress to improve the lives of millions. Their importance has been paramount for healthy development.

Pakistan affirmed its commitment to the 2030 Agenda for Sustainable Development by adopting the Sustainable Development Goals (SDGs) as its own national development agenda through a unanimous National Assembly Resolution in 2016. Since then, the country has made considerable progress by mainstreaming these goals in national policies and strategies, including the Five-Year Plan, provincial growth strategies and Pakistan's long-term development perspective. Government has taken different initiatives to address health of the poor masses. Pakistan has greatly faced pandemic crisis when COVID19 was at its peak. Government is still addressing COVID19 with the help of provincial health departments, private health institutions and Civil Society Organizations. As per

Government source (NCOC) around 50% population of Pakistan has received atleast one dose of vaccination. Pakistan has honored Health & Wellbeing commitment. Pakistan is still facing malnutrition (49%), stunting (37%) & out of school dropout ratio (55%) as per UNICEF's MICS survey of 2018. Many International donors like European Union, World Bank, United Nations Development Program & other bilateral donors are supporting Pakistan to face health crisis. In Sindh, provincial

government has taken many bold initiatives to address the health & wellbeing of the people. Sindh's population is around 47.9 million as per the census of 2017. Sindh Government has taken health initiatives like Public Private Partnership (PPP), Union Council Based Poverty Reduction Program (UCBPRP), Mother & Child Health Support Program (MCHSP), and Accelerated Action Plan (AAP) for addressing malnutrition, stunting & related health issues.

(Global chart of four waves of COVID19)

(Four waves of Pandemic hits the World)

The mental health consequences of COVID-19 can be described as the "four waves" of the pandemic, and are projected to result in the greatest and most enduring health footprint.

SMHA data show growing mental health concerns across the province.

Growing mental health challenges amid the pandemic illustrate how profoundly population-level mental health is shaped by the social determinants of health – the everyday conditions in which we live. Increases in mental health challenges have been attributed to months of physical distancing, growing job loss, economic uncertainty, housing and food insecurity and child care or school closures. Many of us are attempting to balance far too much, and it is taking a toll.

SMHA research also shows a significant jump in suicidal thoughts or feelings arising from the pandemic. Again, the impact is greater on groups marginalized by social circumstances and stigma, who reported a pre-existing mental health condition identifying suicidal thoughts/feelings. This sobering finding has been linked to extraordinarily high rates of unemployment

and economic instability and aligns with respondents' greatest sources of stress: financial concerns, including job insecurity, soaring prices of daily food items, food insecurity & related social issues. The relationship between food insecurity and mental challenges is well established.

Pandemic has greatly affected implementation of the Sustainable Development Goals. To achieve Sustainable Development Goals targets, effective coordination is required among all the stakeholders – including the Government, private sector, civil society and academia – in terms of devising and effectively implementing policies. Government has to engage experts in all SDG fields to speed up implementation of policies to achieve all 17 SDGs. Government must devise a mechanism for effective public-private partnerships (PPPs), and engagement with development partners and civil society. Academia and think tanks support is also required. Three main goals regarding poverty, zero hunger, and better health will may not be achieved till 2030 deadline.

Sustainable Development Goals can be achieved through collective efforts. Sindh has effectively faced pandemic time and now gradually life is going towards normalisation. Health & Wellbeing of people is key responsibility of the government. Facilitation of people in all fields is a must. Above all People are the barometer of success or failure of any intervention.

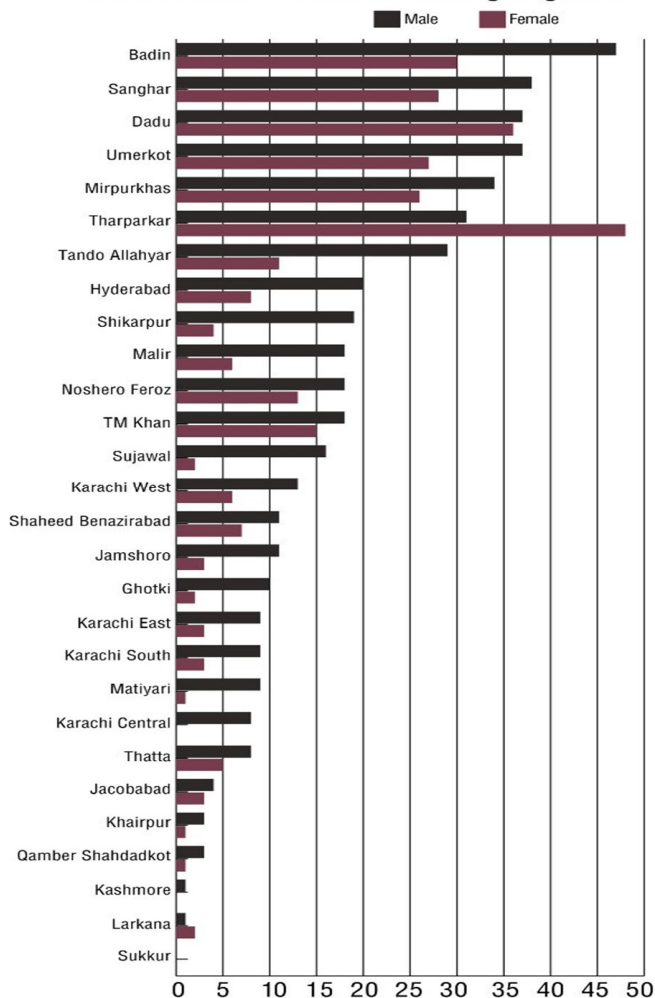
(Article by: Mr. Aijaz Ali Khuwaja)

(SMHA Acknowledge Support of Mr. Aijaz Ali for Preparation of this Report)

PRESS CLIPPINGS

EXPRESS TRIBUNE

Magazine, April 11, 2021

*Poverty, social pressures and lack of awareness drive up cases of suicides in Sindh***Suicide rate in Sindh according to gender**

total of 767 cases of suicide were registered in Sindh during the last five years. In a gender-wise classification of suicide cases, 462 men and 301 women took their lives across the province.

The data included only those suicide cases that were registered at the district health office and the police department. It revealed that Tharparkar district had the highest number of suicides with 79 reported cases. It had the highest number of women suicides with 48 more women taking their lives and 31 men taking theirs. The report also revealed that Tharparkar, Badin, Dadu, Mirpur Khas, Sanghar and Umerkot had the highest rate of suicides.

In the other districts, out of the total 70 cases of suicides reported, the number of women is 36 - slightly higher than the number of 34 cases of suicides reported of men. Similarly, the number of suicide cases in other districts during the period were: Badin (77), Dadu (73), Sanghar (66), Umerkot (64) were found to have the highest number of cases followed by Tando Allahyar (40), Tando Mohammad Khan (33), Naushahro Feroze (31), Hyderabad (28), Malir (24), Shikarpur (23), Karachi West (19), Shaheed Benazirabad (18) and Sujawal (18). Furthermore, Jamshoro had (14), Thatta (13), Karachi East (12), Karachi South (12), Ghotki

An epidemic in the making

According to a recently published report by the Sindh Mental Health Authority (SMHA) titled 'A study of registered cases of suicide in Sindh between 2016 and 2020', a



introduced and Sindh Mental Health Authority (SMHA) was established in 2017 and in all provinces, Sindh took the lead in addressing the problems of mental health but has faced financial constraints since then. "We ensured people who made blasphemous remarks and committed suicide must fall under the Mental Health Act. Under Pakistani law, suicide is still a criminal act that

(12) Matiari (10), Karachi Central (8), Jacobabad (7), Qambar-Shahdadkot, (5), Khairpur, (4), Larkana (3), Sukkur (3) and Kashmore (1).

According to the 2018 Human Rights Commission report, in Pakistan, various reasons such as lack of necessities of life, lack of peace and political instability, unemployment, health issues, poverty, homelessness, family disputes and a range of social pressures are causes for mental illnesses.

Psychiatrist and Assistant Professor of Psychiatry at the Liaquat Medical University of Health Sciences (LMUHS), Hyderabad and author of the report, Dr Jamil Jonejo tells The Express Tribune that because of the rising number of suicide cases in Sindh and especially in Tharparkar, we came up with the idea to compile a report. "The aim was to bring the government's attention towards mental health illnesses being faced by the people and also to promote a suicide prevention programme," he explained. Dr Jonejo also says there is an acute shortage of psychiatrists and psychiatric facilities in the province.

In 2013, Sindh Mental Health Act was

needs to be decriminalised," he emphasised. "The Sindh Mental Health Act 2013 has documented suicide as an illness and cry for help rather than a crime."

An epicenter in Tharparkar

According to SMHA report, 49.8% of suicide cases were registered in Tharparkar district in 2020.

However, Pakistan Peoples Party's (PPP) Tharparkar District President, Samtra Manjiani tells The Express Tribune that 80 per cent of the suicide cases in Tharparkar are actually murders. "Both the police and doctors are involved in the crime," she claims. "Also, parents also issue statements saying that their children committed suicide because of cognitive disorder or depression but that is not the case most times," she says, adding that soon as she learns about a suicide case, she reaches the spot and look for evidence herself and in most cases, she comes to learn that it is actually a murder case.

(Courtesy the Express Tribune)





**NEWS & VIEWS
(EXCERPTS FROM PRESS)
DAWN EDITORIAL ON
SUICIDE IN THAR**

DAWN Editorial, June 14, 2021

The activities of the Sindh Mental Health Authority have been well praised by the national press. Following are few excerpts from national press:

The figures cited above tell but part of the story: they denote only completed suicides registered with the district health office and police. They do not include attempted suicides, nor completed suicides that may not have been reported as such due to the stigma attached to this act. Moreover, the unfortunate fact that attempted suicide is criminalized in Pakistan, attracting one year's imprisonment, naturally leads to cover-ups. Sadly, it also inhibits people from seeking the help they need to address their suicidal ideation. The report on the five-year study cited above pointed to mental illness, domestic problems and poverty as the main factors that drove people in Sindh to commit suicide. A number of mental health experts have also linked the troubling incidence to climate change and the consequently

increased frequency of prolonged droughts in Tharparkar. The local economy in the desert area is heavily dependent on rainfall and erratic weather patterns are having an impact on livelihoods and pushing many deeper into poverty. Significantly, the segment of Thari society where most cases of suicide are found is in the lower-caste Hindu community. Women, possibly due to gender-related pressures in an oppressive society, are more likely to make attempts at committing suicide. The psychiatric autopsy should enable a more in-depth analysis of the events leading up to the suicides and the risk factors that contributed to them. Suicide must be decriminalized, and a more empathetic approach adopted to understand why some people turn their backs on what is a very human instinct for survival, and deliberately choose death over life.

(Courtesy DAWN Newspaper)

MURAD ALI SHAH, CM URGES FEDERAL GOVT. TO REPEAL ATTEMPTED SUICIDE LAW

DAWN-Published September 10, 2021



In this file photo, Sindh Chief Minister Murad Ali Shah speaks to the media in Karachi. — DawnNewsTV/File.

KARACHI: Sindh Chief Minister Syed Murad Ali Shah on Thursday appealed to the federal government to revisit and repeal the law that deals with suicide attempts.

In a message on World Suicide Prevention Day, he said that both suicide and attempted suicide were criminal acts under Section 325 (attempt to commit suicide) of the Pakistan Penal Code and attempt to suicide was punishable with a jail term and heavy financial penalty.

However, the chief minister added, that as a matter of fact, suicide was not a crime, but a “mental morbidity. Therefore, a victim should be dealt [with] as a patient, not as a criminal. Various countries, including the

United Kingdom, which is the architect of law, have repealed the section,” he added.

Murad Ali Shah said that under-reporting of cases and reluctance of citizens to seek mental help was a direct result of that law.

“The government of Sindh, mental health professionals and civil society appeal and desire that the said law is repealed through legislation to enable citizens to seek and prioritise mental health and prevent suicide,” he added.

‘Victim should be dealt with as a patient, not as a criminal’

He said that the provincial government had taken steps to address the issue of mental health morbidity and mortality.

The Sindh Mental Health Authority (SMHA) established through an assembly act had undertaken various policy and service measures to address the challenges posed during Covid-19 epidemic, he added.

He said that the SMHA, since its inception in August 2017 and working as a health regulatory body, had tried to address mental health issues.

767 cases reported in five years.

He said recently three surveys were conducted through the SMHA in the province to gather scientific data related to suicide trends.

“In the first quarter of this year [2021],

Sindh Mental Health Authority published a report – Study of Registered Cases of Suicide between 2016-2020 across the Province of Sindh – conducted in collaboration with the provincial home and health departments,” he added.

Murad Ali Shah said that the findings of the study from initial survey, which included 767 cases from 2016-2020, showed that district of Tharparkar reported 79 suicidal deaths, highest in 2020, with 48 females and 31 males, followed by districts Badin, Dadu, Mirpurkhas, Sanghar, Umerkot, Tando Allahyar and Tando Mohammad Khan.

He said that Malir was ranked highest in Karachi division with 24 suicide cases between 2016 and 2020 out of total 75 suicide deaths reported in Karachi.

After the publication of the report on suicide rates in last five years across the province, the SMHA was asked to explore the root causes to establish facts on scientific basis.

The chief minister said that the SHMA conducted “psychological autopsy” of registered cases of suicide in district Tharparkar in collaboration with Dow University of Health Sciences (DUHS), Liaquat University of Medical and Health Sciences (LUMHS), Jinnah Postgraduate Medical Centre Karachi (JPMC), Sir Cowasjee Jahangir Institute of Psychiatry and Behavioural Sciences Hyderabad (Sir CJIP&BS), University of Sindh (UoS) and Sindh Engro Coal Mining Company (SECMC) Thar foundation (TF).

He said that the psychological autopsy had reported some disturbing, but preventable trends. The results of the psychological autopsy conducted in Thar were in line with international data showing more females and younger age group individuals dying by suicide.

The chief minister said the study found that 52 per cent suicides were pre-planned and 48pc suicides were sudden and impulsive acts as described by their family members.

It was noted that 15pc of suicide victims had attempted suicide previously before “completed suicide”.

“Social difficulties, interpersonal conflicts and financial problems were reported to be major risk factors behind suicide,” he said.

Murad Ali Shah said that another survey Psychosocial impact of Covid-19, a Cross Sectional Survey of Sindh, 2021 was conducted by interviewing 1,494 individuals in six rural and six urban cites of the province to find out the impact of Covid-19 on mental health.

“Almost 62pc reported major loss of income or earning due to pandemic which was more pronounced in rural [81pc then urban 43pc] setting.”

He said that when asked directly 24pc individuals reported “receiving funds through government agency”, adding that the estimated prevalence of depression as assessed on self-reporting questionnaire (SRQ-21) was 42pc.

The CM said that when inquired about the financial difficulties, 36pc reported borrowing money, while 21pc reported selling property, possessions or livestock.

This survey was done in collaboration with HANDS, DUHS, LUMHS, CJIP, Shaheed Mohtarma Benazir Bhutto Law College, Malir and Edhi Foundation by SMHA.

“The findings of this survey are expected to help design strategies from relevant government agencies, NGOs, INGOs and other stakeholders concerned,” he added.





MENTAL HEALTH CONCERNS

DAWN-Published NOVEMBER 30, 2021

THE economic and psychological effects of Covid-19, combined with the issues of joblessness and inflation, have had a profoundly negative impact on the mental health of many people. There have been a number of tragic incidents where these factors have pushed people over the edge, before they could get help. The case of Faheem Mughal appears to be one such case. The former media worker, who had lost his job and was reportedly driving a rickshaw to make ends meet, took his own life in Karachi last week after being unable to provide for his family. He leaves behind a wife and six children.

This tragedy reflects the difficulties many in this country are coping with, and which have been exacerbated by the effects of lockdowns, a slowdown in economic activity and galloping inflation. It also highlights how these factors are having a major effect on people's mental health and the urgent measures that are needed to prevent vulnerable individuals from taking extreme steps. Indeed, the roll-out of a public awareness campaign focusing on the signs of mental illness, particularly depression, is crucial to teaching the public how they can spot trouble in vulnerable individuals including family members, friends and colleagues at work. Moreover, helplines – staffed by mental health professionals – need to be activated and publicised so that expert advice is accessible on these issues. Sometimes a phone call to such a service can be the difference between life and death as competent professionals can talk vulnerable individuals out of their intention of taking extreme steps. Public service messages can help remove the stigma attached to mental health issues, and urge loved ones to take patients to qualified individuals instead of quacks, unlicensed concerns and faith healers. Unfortunately, the shortage of mental health professionals in Pakistan has been described as 'critical'; it is a concern that must be addressed on a priority basis. The federation and the provinces should work together on stepping up efforts to prevent desperate people from harming themselves in these difficult times. (Ref: Dawn Newspaper)





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First ever 'psychiatric autopsy' on rising suicide cases in Thar launched

MITHI: The country's top psychiatrists and psychiatry organisations have commended the first ever 'psychiatric autopsy' in Pakistan of the rising suicide cases in Tharparkar district.

The Sindh Mental Health Authority (SMHA) launched the programme with financial help of Thar Foundation and technical support of renowned psychologists, Sindh health department, district government, universities and hospitals at an inauguration ceremony held at deputy commissioner's office here recently.

The experts would conduct psychiatric autopsy of the suicide cases reported in Tharparkar from 2016 to 2020 and make recommendations based on the results.

SMHA chairman Senator Dr Karim Khwaja said: "Sindh feels proud that for the first time a mechanism has been created with five years data for carrying out the psychiatric autopsy programme in Tharparkar".

He said the results of the autopsy would be made available within a few months, which would reveal the real reasons behind the rising suicide cases in Thar.

No such study had been conducted in South Asia, including Pakistan, which was being carried out under Thar TeleHelp programme, he said.—Correspondent

NEWS ABOUT PSYCHIATRIC AUTOPSY OF SUICIDE CASES IN THARPARKAR IS BEGINS ON SINDHI NEWSPAPER



NEWS ABOUT PSYCHIATRIC AUTOPSY OF SUICIDE CASES IN THARPARKAR IS BEGINS ON DAILY ALEEF NEWSPAPER



تھرپارکر میں خودکشیوں کے سداب کیلئے نفسیاتی پوسٹ مارٹم کا آغاز
سال 2016 سے 2020 تک ہونے والی خودکشیوں کے اسباب معلوم کئے جائیں گے

تھام کیلئے سفارشات مرتب کی جائیں گی۔ اس ضمن میں گزشتہ روز ضلعی انتظامیہ کی میزبانی میں سی سی پی ایس مٹھی میں اختتامی تقریب کا انعقاد کیا گیا، تقریب میں سندھ مینٹل ہیلتھ اتھارٹی کے چیئرمین سینیٹر ڈاکٹر کریم خواجہ، ڈی سی تھرپارکر محمد نواز سوہو، سینیٹر انجمن 777 سکپاچند، لیڈنگ میڈیکل یونیورسٹی کے وائس چانسلر ڈاکٹر نیکسارام، ڈی ایو یونیورسٹی کے ڈاکٹر پروفیسر سید حیدر رضا نقوی، گھڑ گاؤنڈیشن کے محسن 777 ر ضلعی افسر برائے صحت عامہ ڈاکٹر کوروجن داس۔

(کلونی رپورٹ قلام مصطفیٰ) مٹھی: یہ پروگرام پاکستان میں اپنی نوعیت کا واحد پروگرام ہے، سینیٹر ڈاکٹر کریم خواجہ ملک کے نامور نفسیات دان، حکومت سندھ، جامعات اور ہسپتالوں نے تھرپارکر میں خودکشیوں کی روک تھام کیلئے پاکستان میں اپنی نوعیت کے واحد پروگرام کا آغاز کر دیا گیا ہے۔ پروگرام کے تحت ایک تحقیق کے ذریعے سال 2016 سے 2020 تک ہونے والی خودکشیوں کے اسباب معلوم کرتے ہوئے ان کا نفسیاتی پوسٹ مارٹم کیا جائے گا اور ان کی روک



مٹھی، تھرپارکر میں خودکشیوں کے سداب کیلئے نفسیاتی پوسٹ مارٹم کا آغاز

ANNEXURES



GOVERNMENT OF SINDH HEALTH DEPARTMENT

Karachi dated 17th September 2021

NOTIFICATION

NO.CC(HD)SMHA/2021:

In pursuance of sub-section (3) read with sub-section (5) of section-3 of the Sindh Mental Health Act, 2013 (Sindh Act No. L-2013) and in supersession of all notifications issued in this behalf, the Government of Sindh is pleased to appoint the Chairperson and the Members of Sindh Mental Health Authority, with the following composition:-

1	Senator Dr. Karim Khuwaja	Chair Person
2	Secretary Health or Special Secretary (Public Health), Health Department Government of Sindh	Member / Secretary
3	Retired Judge of Honorable High Court of Sindh	Member
4	Director General Health Services Sindh Hyderabad	Member
5	Additional Secretary (Technical & Public Health), Health Department Government of Sindh	Member
6	Medical Superintendent, Peoples Medical College Hospital Nawabshah District Shaheed Benazirabad	Member
7	Medical Superintendent, Sir C.J. Institute of Psychiatry and Behavioral Sciences, Hyderabad	Member
8	Prof. Iqbal Afridi Emeritus Professor of Psychiatry	Member
9	Prof. Razaur Rehman Emeritus Professor of Psychiatry	Member
10	Prof. Moin Ansari, Professor of Psychiatry, Liaquat University of Medical & Health Sciences LUM&HS Jamshoro	Member
11	Dr. Sadia Qureshi Consultant Psychiatrist Aman Foundation	Member
12	Dr. Rubina Kidwai Consultant Psychiatrist Karachi	Member
13	Ms. Musrat Jabeen, Director Woman Development Department	Member
14	Deputy Secretary (Technical & Public Health), Health Department	Member

Karachi dated the, 17th September 2021


Dr. KAZIM HUSSAIN JATOI

SECRETARY HEALTH





GOVERNMENT OF SINDH HEALTH DEPARTMENT

Karachi the, 25th June 2021

NOTIFICATION

NO.CTO(HD)SMHA/2020: In exercise of Section-9(1)(2) of Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences Act, 2019 and with the approval of Competent Authority i.e. Chief Minister, Sindh, the Board of Governors of Sir Cowasjee Jahangir Institute of Psychiatry and Behavioral Sciences, Hyderabad is hereby constituted consisting of the following:-

1	Minister for Health	Chair erson
2	Chairman Sindh Mental Health Authority	Vice Chairman
3	Two members of Provincial Assembly of Sindh nominat- ed by Speaker Sindh Assembly	Members
4	Divisional Commissioner Hyderabad	Member
5	Vice Chancellor, Liaquat University of Medical & Health Sciences, Jamshoro	Member
6	Vice Chancellor University of Sindh Jamshoro	Member
7	Director General Health Services Sindh Hyderabad	Member
8	Prof. Ahmed Ali Khan, an Eminent Psychiatrist, LUMHS Alumni, working abroad	
9	Prof. Dr. Irfana Shah, Head of Psychology, University of Sindh Mr. Irfan Qureshi, Representative of Business Community Mr. Jharmat Mal Advocate	Members
10	Chief Executive Officer of the Institute	Member Secreta

Terms of References: The Terms of reference of the Governing Board shall be as mentioned in Section-IO(1)(2)(i)to(xii) of Sir CowaSjee Jahangir Institute of Psychiatry/ and Behavioral Sciences Act 2019.



Karachi, the, 25th June 2021

Dr. KAZIM HUSSAIN JATOI
SECRETARY HEALTH





Sindh Mental Health
Authority

SINDH MENTAL HEALTH AUTHORITY

MENTAL HEALTH FOR ALL



Website Link:

<https://smha.sindh.gov.pk/>

Facebook Link

<https://www.facebook.com/sindh-mental-health-authority-114624330315258>

Twitter Link

<https://www.twitter.com/SindhMental>

Youtube Channel Link

[https://www.youtube.com/channel/UCvDYdxhZDxZJQxPNnKaaglg?
view_as=subscriber](https://www.youtube.com/channel/UCvDYdxhZDxZJQxPNnKaaglg?view_as=subscriber)

Official Email

info.smha@sindh.gov.pk

Gmail I.D

smha.gov.org@gmail.com

Help line Numbers (for Mental Health/Psychiatric Issues)

Open for All

021 111 117 642 (JPMC, Karachi 09:00 a.m to 03:00p.m)

022 111 117 642 (Sir Cowasjee Janangir Institute of Psychiatrist & Behavior
Science, Hyderabad 09:00a.m to 03:00p.m)

Head Office Karachi contact Number

(021-35308771/021-35308772/021-35308773/021-35308774)

Address:

Room # 411, 4th floor, Doctor Plaza, Opposite Emerraed Mall, 2 Talwar Clifton
Karachi Sindh.



Address: Room # 411, 4th Floor, Doctor Plaza, Opposite Emerald Mall,
2 Talwar Clifton, Karachi Sindh.

Phone: 021-35308771-4 **Email:** info.smha@sindh.gov.pk

Website: www.smha@sindh.gov.pk