



Mental health and psychosocial well-being support to IDPs

The blank stare of an old man. The sleepless nights of a mother. The fear and never-ending cry of a child. These are just few signs of one of the greater, yet largely invisible, health challenges facing Pakistan's displaced people - mental and psychosocial health problems.

The loss of lives and homes in the violence in Pakistan's Northwestern Frontier Province, the unimaginable destruction of communities and livelihoods, and the uncertainty of what the future may bring can impact the mental health and psychosocial well-being of individuals.

The delivery of mental health psychosocial assistance among IDPs in camps has been a priority health concern during the ongoing crisis. To succeed in this area, coordinated action is needed among Health Cluster partners and Pakistani health authorities.

In Jalozai camp for example, around 40% of all medical consultations are due to mental problems and psychosocial issues.

“The IDPs whom we’ve met are suffering from post-traumatic stress disorder, anxiety, disorganization, and many of the children have become fearful,” says Falak Niaz, a psychologist from HealthNet TPO, an international NGO which is providing mental healthcare and psychosocial support to IDPs.

In Jalozai and other IDP camps, psychologists and field workers from Health Net TPO with technical support from the World Health Organization (WHO) is assessing the mental health of IDPs and providing psychosocial support to displaced people.

Emergency psychosocial services are provided in the Jalozai camp through a ‘hujra’, a daily meeting led by a respected person in the community at which IDPs discuss issues and needs.

“Stress emanates from the realities of being uprooted from homes, the sudden change of environment, the anxiety of living in crowded camps,” Niaz adds.

Emergency psychosocial response in Jalozai camp through ‘hujra’, a daily gathering where IDPs talk about community and personal issues and needs.

Pakistan health in photos

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Delivery of mental health and psychosocial assistance among IDPs in camps is a priority



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