

Mental Health ATLAS 2017 Member State Profile

Pakistan

Total population (<i>UN official estimate</i>): ^a	189,380,513	<i>Burden of mental disorders (WHO official estimates)</i>	
WHO Region:	EMR	Disability-adjusted life years (per 100,000 population) ^c	2,430.27
Income group: ^b	Lower middle-income	Suicide mortality rate (per 100,000 population) ^d	2.9
Total mental health expenditure per person (reported currency)	Not reported		
Availability / status of mental health reporting	No mental health data have been compiled in a report for policy, planning or management purposes in the last two years		

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan		Mental health legislation	
Stand-alone policy or plan for mental health:	Yes	Stand-alone law for mental health:	Yes
(Year of policy / plan):	REVISED 2003	(Year of law):	2001
The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored	No	The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights	Does not exist
Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	4	Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)	5
Plan or strategy for child and/or adolescent mental health	No		
(Year of policy / plan):	Not reported		

Multisectoral Collaboration

There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups	No
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RESOURCES FOR MENTAL HEALTH

Mental health financing		Mental health workforce (rate per 100'000 population)	
The care and treatment of persons with major mental disorders (psychosis, bipolar disorder, depression) included in national health insurance or reimbursement schemes in your country	No	Psychiatrists	None or not reported
How the majority of persons with mental disorders pay for mental health services	Persons pay at least 20% towards the cost of mental health services / psychotropic medicines	Child psychiatrists	None or not reported
The government's total expenditure on mental health as % of total government health expenditure	0.40%	Other specialist doctors	None or not reported
		Mental health nurses	None or not reported
		Psychologists	None or not reported
		Social workers	None or not reported
		Occupational therapists	None or not reported
		Speech therapists	None or not reported
		Other paid mental health workers	None or not reported
Human resources for mental health			
Total number of mental health professionals (gov. and non-gov.)	None or not reported		
Total mental health workers per 100,000 population	None or not reported		
Total number of child psychiatrist (gov. and non-gov.)	None or not reported		

In case a mental health workforce appears as 0.0, it has either not been reported by the Member State or is zero.

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)		Outpatient care (per 100,000 population)	
Mental health outpatient facilities attached to a hospital	3,729	Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital	None or not reported
"Community-based / non-hospital" mental health outpatient facility	624	Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility	None or not reported
Other outpatient facility (e.g. Mental health day care or treatment facility)	None or not reported	Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)	None or not reported
	3	Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders)	None or not reported
Outpatient facility specifically for children and adolescents (including services for developmental disorders)	None or not reported	Number of visits made by service users in the last year in other outpatient services specifically for children and adolescents (e.g. day care)	None or not reported
Other outpatient services for children and adolescents (e.g. day care)	None or not reported		
Inpatient care (total facilities)		Inpatient care (per 100,000 population)	
Mental hospitals	11	Mental hospital beds / annual admissions	2.47 / None or not reported
Psychiatric units in general hospitals	800	General hospital psychiatric unit beds / annual admissions	3.27 / None or not reported
Forensic inpatient units	None or not reported	Forensic inpatient unit beds / annual admissions	None or not reported / None or not reported
Residential care facilities	578	Residential care beds / annual admissions	2.99 / None or not reported
	2	Child and adolescent specific inpatient beds / annual admissions	0.01 / None or not reported
Inpatient facility specifically for children and adolescents	None or not reported		
Mental hospitals		Mental hospitals (length of stay)	
Total number of inpatients	None or not reported	Inpatients staying less than 1 year	None or not reported
Admissions that are involuntary	None or not reported	Inpatients staying 1-5 years	None or not reported
Follow-up of people with mental disorder discharged from hospital in the last year	51%-75% of discharged inpatients received a follow-up outpatient visit within one month	Inpatients staying more than 5 years	None or not reported
Treated prevalence (total cases)		Treated prevalence (per 100,000 population)	
Treated cases of severe mental disorder	None or not reported	Treated cases of severe mental disorder	None or not reported

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes	Yes	Existence of a suicide prevention strategy [i.e. as a stand-alone document or as an integrated element of the national policy/plan adopted by government]	No
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Programme examples	Category of programme	Scope of programme	Programme Management
School Mental health program	School-based mental health promotion	District	NGO
Family Networks to improve outcomes in children with developmental disorders: The FaNs for Kids Project	Early childhood development / stimulation	Community	NGO

^a UN World Population Prospects, 2015; <http://esa.un.org/unpd/wpp/>

^c WHO Global Health Estimates; http://www.who.int/healthinfo/global_burden_disease/en/

Note: Suicide mortality rates - computed using standard categories, definitions and methods - are reported to facilitate comparisons over time and between countries, and may not be the same as official national estimates.

^b World Bank Income Groups, 2016 (<http://databank.worldbank.org>)

^d WHO, 2018: World Health Statistics data visualisation dashboard; <http://apps.who.int/gho/data/>