

# Issues of Mental Health in Pakistan

## OUTLINE

### 1) Introduction

Thesis statement:

Mental health issues are present in every society but what makes these issues severe in Pakistan are the reactions and responses to these issues. The social stigma associated with these issues and lack of medical interventions are exacerbating the mental health crisis in Pakistan.

### 2) Mental health is an integral part of healthcare and well-being

### 3) Mental health burden in Pakistan

a) Top five mental health issues in Pakistan

b) Suicide rate in Pakistan

### 4) Societal reactions to mental health issues

a) Social stigmas

b) Referral of such cases to religious shamans and quacks

### 5) Dearth of medical care for such cases

a) Shortage of psychologists and psychiatrists

b) Condition of psychiatric wards and mental asylums

## 6) Public-private efforts for mental healthcare provision

- a) WHO mental health gap mhGAP report for Pakistan.
- b) Think Healthy Initiative.
- c) Basic needs foundation Pakistan

## 7) Areas that need immediate attention

- a) Removal of social stigmas associated with mental issues
- b) Government efforts to improve mental healthcare services
- c) Mental health awareness
- d) Abuse of blasphemy laws against mental patients.
- e) Issues of mental health and criminal justice system of Pakistan.

## 8) Conclusion

Keep writing