

Mental Health ATLAS 2017 Member State Profile

Pakistan

Total population (UN official estimate): ^a

WHO Region:

Income group: ^b

Total mental health expenditure per person (reported currency)

Availability / status of mental health reporting

189,380,513

EMR

Lower middle-income

Not reported

No mental health data have been compiled in a report for policy, planning or management purposes in the last two years

Burden of mental disorders (WHO official estimates)

Disability-adjusted life years (per 100,000 population) ^c

2,430.27

Suicide mortality rate (per 100,000 population) ^d

2.9

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy / plan

Stand-alone policy or plan for mental health:

(Year of policy / plan):

The mental health policy / plan contains specified indicators or targets against which its implementation can be monitored

Policy / plan is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)

Plan or strategy for child and/or adolescent mental health

(Year of policy / plan):

Yes	REVISED 2003
No	
4	
No	
Not reported	

Mental health legislation

Stand-alone law for mental health:

(Year of law):

The existence of a dedicated authority or independent body to assess compliance of mental health legislation with international human rights

Law is in line with human rights covenants (self-rated 5-point checklist score; 5 = fully in line)

Yes	2001
Does not exist	
5	

Multisectoral Collaboration

There is ongoing collaboration in the area of mental health with Service users and family or caregiver advocacy groups

No

RESOURCES FOR MENTAL HEALTH

Mental health financing

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

How the majority of persons with mental disorders pay for mental health services

The government's total expenditure on mental health as % of total government health expenditure

No
Persons pay at least 20% towards the cost of mental health services / psychotropic medicines
0.40%

Mental health workforce (rate per 100'000 population)

Psychiatrists

Child psychiatrists

Other specialist doctors

Mental health nurses

Psychologists

Social workers

Occupational therapists

Speech therapists

Other paid mental health workers

None or not reported
None or not reported
None or not reported
None or not reported
None or not reported
None or not reported
None or not reported
None or not reported
None or not reported
None or not reported

Human resources for mental health

Total number of mental health professionals (gov. and non-gov.)

Total mental health workers per 100,000 population

Total number of child psychiatrist (gov. and non-gov.)

None or not reported
None or not reported
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)

Mental health outpatient facilities attached to a hospital

"Community-based / non-hospital" mental health outpatient facility

Other outpatient facility (e.g. Mental health day care or treatment facility)

Outpatient facility specifically for children and adolescents (including services for developmental disorders)

Other outpatient services for children and adolescents (e.g. day care)

3,729
624
None or not reported
3
None or not reported

Outpatient care (per 100,000 population)

Number of visits made by service users in the last year in mental health outpatient facilities attached to a hospital

Number of visits made by service users in the last year in "Community-based / non-hospital" mental health outpatient facility

Number of visits made by service users in the last year in other outpatient facility (e.g. Mental health day care or treatment facility)

Number of visits made by service users in the last year in outpatient facility specifically for children and adolescents (including services for developmental disorders)

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
None or not reported
None or not reported
None or not reported
None or not reported

Inpatient care (total facilities)

Mental hospitals

Psychiatric units in general hospitals

Forensic inpatient units

Residential care facilities

Inpatient facility specifically for children and adolescents

11
800
None or not reported
578
2

Inpatient care (per 100,000 population)

Mental hospital beds / annual admissions

General hospital psychiatric unit beds / annual admissions

Forensic inpatient unit beds / annual admissions

Residential care beds / annual admissions

Child and adolescent specific inpatient beds / annual admissions

2.47	/	None or not reported
3.27	/	None or not reported
None or not reported	/	None or not reported
2.99	/	None or not reported
0.01	/	None or not reported

Mental hospitals

Total number of inpatients

Admissions that are involuntary

Follow-up of people with mental disorder discharged from hospital in the last year

None or not reported
None or not reported
51%-75% of discharged inpatients received a follow-up outpatient visit within one month

Mental hospitals (length of stay)

Inpatients staying less than 1 year

Inpatients staying 1-5 years

Inpatients staying more than 5 years

None or not reported
None or not reported
None or not reported

Treated prevalence (total cases)

Treated cases of severe mental disorder

None or not reported

Treated prevalence (per 100,000 population)

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

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/>