Pakistan

Total population (UN official estimates): 185,132,925

Burden of mental disorders (WHO official estimates)

Disability-adjusted life years (per 100,000 population): 2,430

Suicide (age-standardized rate per 100,000 population): 9.3

WHO Region: EMR

Income group: Lower middle-income

$37

Total health expenditure per person (US$, 2013)

$37

Availability / status of mental health reporting

Mental health data compiled only for general health statistics

MENTAL HEALTH SYSTEM GOVERNANCE

Mental health policy

Stand-alone policy or plan for mental health: Yes

(Year of policy / plan): 2003

Implementation status: Available and partially implemented

Policy / plan is in line with human rights covenants

(self-rated 5-point checklist score; 5 = fully in line)

5

Mental health legislation

Stand-alone law for mental health: Yes

(Year of policy / plan): 2001

Implementation status: Available and partially implemented

Law is in line with human rights covenants

(self-rated 5-point checklist score; 5 = fully in line)

5

Involvement of service users and families (as reported by MoH focal point)

a. INFORMATION gathered / disseminated by MoH

Partially implemented

b. POLICY on participation developed / published by MoH

Partially implemented
c. EARLY INVOLVEMENT in mental health policy and law

Partially implemented
d. PARTICIPATION in MoH planning, policy, service development and evaluation

Partially implemented
e. RESOURCES available for participation and reimbursement

Partially implemented

RESOURCES FOR MENTAL HEALTH

Mental health financing

Main source of funds for care of severe mental disorders

Households

Psychiatrists

Not reported

Inpatient / outpatient budget breakdown reported

Yes

Other medical doctors

Not reported

If yes, estimated mental health spending per capita (US$)

$0.01

Nurses

Not reported

Psychologists

Not reported

Social workers

Not reported

Human resources for mental health

Occupational therapists

Not reported

Other mental health workers

Not reported

Total reported staff (mental health inpatient care)

8

Total reported staff (mental health outpatient care)

Not reported

Total mental health workers per 100,000 population

Not reported

MENTAL HEALTH SERVICE AVAILABILITY AND UPTAKE

Outpatient care (total facilities)

Mental health outpatient facility

4,356

Mental health outpatient visits

373

Mental health day treatment facility

14

Mental health day treatment sessions

1

Inpatient care (total facilities)

Mental hospitals

5

Mental hospital beds / annual admissions

2.1 / 16.8

Psychiatric units in general hospitals

654

General hospital psychiatric unit beds / annual admissions

2.3 / 28.4

Residential care facilities

344

Residential care beds / annual admissions

1.2 / 10.1

Mental hospitals (length of stay)

Mental hospitals

Treated prevalence (total cases)

Treated cases of severe mental disorder

374,384

Treated cases of severe mental disorder

202.2

MENTAL HEALTH PROMOTION AND PREVENTION

Existence of at least two functioning programmes

Yes

Existence of a suicide prevention strategy

No

Programme examples

Community Mental Health Service Program

Mental health awareness/prevention/anti-stigma

All ages

Universal

Disaster Mental Health Services Program

Others/Not categorised

All ages

Universal

Note: Age-standardised suicide 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.