



# Pakistan Psychological Association

**Prof. Dr. Muhammad Jahanzeb Khan**  
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**Prof. Dr. Rukhsana Kausar**  
Senior Vice-President

**Prof. Dr. Anis-ul-Haq**  
Vice-President (Federal)

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**Prof. Dr. M. Tahir Khalily**  
Treasurer

**Ref. No.** PPA/2021/07

**Dated:** 24 -07- 2021

## Press Release

On behalf of Pakistan Psychological Association (PPA) we fully endorse the statement issued by Pakistan Psychiatric Society regarding the recent murder of Ms. Noor Mukaddam in Islamabad. We would like to extend our condolences, sorrows and sincere sympathies to the family and friends of Ms. Noor Mukaddam (late). PPA executives and members came to know about this horrible story, which is an event of heinous crime and was reported as a pre-planned criminal act through the media. On this occasion, we would like to bring to the notice of high ups and policy makers to look at the mental health issues properly and in particular to the increasing spread of substance abuse in our society. There is a dire need of practical steps to be taken to ameliorate mental health issues including substance abuse effectively and professionally in order to safeguard the lives of millions of individuals and their families affected directly or indirectly by these issues. In this regard, we demand and request the current government to form Mental Health Commission as soon as possible as mentioned in the 2001 Mental Health Act. All Mental health treatment centers including drug addiction treatment centers, both public and private, may be persuaded and coerced to work under Mental Health Act and to follow the best practices recommended by the mental health professionals. Only approved centres by Pakistan Mental Health Commission may be authorized to provide mental health treatment including treatment of drug addicts. Special squads must be trained in line with the international best practices under the Mental health regulations with legal support in order to intervene in emergency situations professionally, keeping in mind all humanly possible protective measures. We also request the current government to include Mental health treatment in the Sehat Card system to provide treatment to everyone at the door steps.

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We also request Pakistan Psychiatric Society being a significant organization in the Mental health care system in Pakistan to organize a national conference or dialogue immediately in collaboration with Pakistan Psychological Association. We will fully cooperate in this regard and will provide all possible support. It is worth mentioning that recently a report on Challenges to Mental health law and human right has been published by PPA member's psychologists under HEC funded project and has been sent to President of Pakistan through Human rights minister and also sent to Federal minister of Health and Chairman HEC for their kind perusal and implementation of its recommendations. It is also suggested that those who are running mental health treatment centers must be aware of mental health laws in human rights perspectives. Professional bodies need to provide specialized training for professionals such as psychologists and psychiatrists to treat scientifically those individuals suffering from characterological / personality problems with a distinctive strategy. Pakistan Psychological Council (PPC) bill has been passed by the National Assembly of Pakistan and is waiting to be tabled in the Senate of Pakistan. We request the worthy parliamentarians to expedite this legislation to regularize psychological services grounded in mental health and human rights perspectives as its delay is causing multiple problems. Therapeutic practices must be linked with licensing by the relevant authorities. We will extend all possible help to the government in implementation of good practices.

**Prof. Muhammad Jahanzeb Khan (PhD)**  
President  
Pakistan Psychological Association

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