

## **Mental Health Team Camp in Balakot under the supervision of Dr. Khalid Mufti**

27 October 2005

A four member team comprising of a Trainee psychiatrist, a volunteer from Peshawar and a psychologist and another' volunteer social worker (Earth Quake affectees) have already started relief work in Balakot. A Mental Health rescue camp established and today the team counseled, appropriately debriefed when necessary and psychiatric help was carried. Initially this team started functioning with Dr. Mufti last week and currently supported by Federal Ministry of Health and WHO.

Today 40 warm Shawls for male and female were also given. I have learned by experience that the weather becomes very cold at night and once after a thunder storm and hail storm the tents were dislocated, creating panic at night, where there is no electricity, I do not think that the inhabitants as well as relief workers can withstand winter breeze and snow under the tents in the month of December. Efforts are required by the Govt. of Pakistan with the help of International donors to rehabilitate the Balakotians in friendly weather places in winter.

I am thankful to DR Qamar Lodhi from Birmingham UK for his generous donation of 988 pounds sent to Horizon for the purchase of stretcher trolleys and wheel chairs, which have already been handed over to Ayub Medical Complex Abbottabad.

Furthermore this camp has collaboration of Horizon Peshawar, Fountain House Lahore, Ibadat hospital Peshawar, World Psychiatric Association, South East Asian Forum on Mental Health and Psychiatry, South East Asian Division of The Royal College of Psychiatrists.

I highly appreciate our international coordinator Dr. Afzal Javed for promptly arranging a training course shortly on Lahore and Peshawar.

A Trauma center is created in Horizon Peshawar catering for further rehabilitative measures/counseling for the already arrived affectees from Balakot, in Peshawar.

A weekly follow up report will be released.



