



2025 Report

Pakistan Collaborative Centre

The International Institute of Geopsychiatry

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In 2024, the Pakistan Psychiatric Research Centre, Fountain House Lahore, was formally designated as a Collaborating Centre of the International Institute of Geopsychiatry, Switzerland. Within Pakistan, this collaborative framework is operationalized through Fountain House Lahore, HORIZON NGO Peshawar, and Ibadat Hospital Peshawar, which together function as national activity hubs for research, education, and service development in geopsychiatry.

The Pakistan Psychiatric Research Centre (PPRC) was established in the early 1980s as the scientific and academic arm of Fountain House, with a mandate to advance mental health education, research, and professional development. Since its inception, the PPRC has played a pivotal national and international role through psycho-education programmes, structured volunteer and internship schemes, continuing medical education (CME) activities, national and international research collaborations, and large-scale public mental health awareness campaigns delivered through seminars, workshops, conferences, and media engagement. To date, the PPRC has contributed to over 250 peer-reviewed national and international publications, reflecting its sustained academic and research output.

Fountain House Lahore, established in 1971 in Lahore, is Pakistan's first dedicated psychosocial rehabilitation facility and remains a leading institution providing long-term and community-based mental health care. Over the decades, Fountain House has steadily expanded its service footprint and currently operates comprehensive rehabilitation programmes in three cities (*i.e.*, Lahore, Sargodha, and Farooqabad), providing sustained psychosocial care to individuals with severe and enduring mental illnesses.

Horizon, a non-governmental organisation, established 37 years ago, is a Peshawar-based humanitarian mental health organization with extensive experience in providing psychosocial support to fragile, conflict-affected, and displacement settings across Pakistan and the Afghanistan border region. Horizon has also provided sustained psychosocial and psychiatric services to Afghan refugees, internally displaced populations in the province of Khyber Pakhtunkhwa and communities affected by terrorism, natural disasters, and climate-related crises. Its contributions to support mental health interventions following the 2005 Pakistan earthquake in Balakot, psychosocial support in flood-affected regions, and trauma-informed responses after the Army Public School (APS) Peshawar terrorist attack are well acknowledged. Horizon maintains close clinical and institutional linkage with Ibadat Hospital Peshawar, a tertiary-level facility providing free secondary and tertiary psychiatric care to referred patients and serving as a key sustainability and support resource.

Since the start of Collaborating Centre of the International Institute of Geopsychiatry in Pakistan, its two sites (Fountain House Lahore and Horizon – Ibadat Hospital) in Peshawar have participated in various activities. The Pakistan Collaborating Centre has actively advanced the field of geopsychiatry and climate-related mental health, in alignment with the priorities of the World Psychiatric Association (WPA) Geopsychiatry Special Interest Group:

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Public Awareness and Advocacy

- Structured awareness campaigns addressing the mental health impacts of climate change, delivered in educational institutions and public forums, with emphasis on vulnerability, resilience, and preventive action.

Educational Seminars and Capacity Building

- 21 August 2024: National webinar on Climate Change and Mental Health
- 14 July 2025: Special academic lecture on Urbanization, Climate Change, and Mental Health at a medical university
- 13 December 2025: One-day in-person workshop on Psychological First Aid for Trauma and Conflict in Northern Pakistan

International Academic Engagement

- Participation in international meetings and academic sessions on climate change and mental health in Austria (Vienna), India, China, and the United Kingdom.

Academic Integration and Curriculum Development

- The Institute of Public Mental Health & Behavioural Sciences, Khyber Medical University (KMU), Peshawar, has introduced a two-hour taught module on Climate Change and Mental Health within its public health curriculum, formally recognizing collaboration with the Pakistan Collaborating Centre as a significant academic milestone.
- The Haq Baba Educational System (Peshawar) has formally agreed to incorporate climate change and mental health into its integrated school curriculum.

Research and Publications

- Active involvement in multi-site research initiatives and peer-reviewed publications through Lahore and Peshawar venues, this work highlights a collaborative work with the International Institute of Geopsychiatry and the WPA Special Interest Group on Geopsychiatry.

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