



## Quelling Dependency

Ms. Jameela, 37, belongs to Malak Din Khel, a sub clan of Afridi tribe from Bara Tehsil, Khyber agency Federally Administered Tribal Area (FATA), Pakistan, displaced along with her family to village Sangau, UC Acheni Bala, an outskirt of Peshawar district after the Pak Army started military operation Sirat-e-Mustaqeem (*Righteous Path*), on July 9, 2008 followed by launching "Khyber II" operation against the militants and anti-state armed groups in the region. She fled out in haste along with her family to a safer area in Peshawar and got a rented house in village Sangau after bearing the shifting hardships. She is currently residing over there with her ailing mother, younger brother and three daughters. Her husband was kidnapped by militants on her way to home in Bara and still missing.

She was informed by a local Traditional Birth Attendant about the health intervention project being carried out by SHED in the BHU Sarband near to her which is out of the three BHUs where SHED is implementing Health project with UNOCHA-ERF located in different areas of Union Councils Sarband, Acheni Bala and Sheikh Muhammadi in Peshawar.

The following morning on March 14, 2015, Ms. Jameela visited BHU with one of her female relatives, entered psychologist (SHED representative) room during OPD in a state of lethargy and unhappy mode.

The Psychologist asked Jameela about the disease history and reasons for eccentric silence descended. Ms. Jameela replied with tears in eyes and after taking a deep breath said in Pashto "Mongkhalaqtol pa yopareshanaiaomusibat key u. mongharsapa shaprekhodach kala jangshoroshoaokhpaliwandmobachko. Khalqokhpalkaruna, aowalarfasluna, dukanunaaonokarai pa zaiprekhodayaoratekhta ye okra. Ma om khpakor, mal halao nor tol da zaruratsesuna pa shaprekhodala be lasao be bekhposara da kornorokasano da khpali kali naraowatu and zan om bachkro. Mongdala da elajmualejeaorrozgar ta starge pa lar u aoba de umeed u chwapisbakhpaliwatan ta ezzatsarawapisshu. Da jangnamakhkemong der khoshalajwandterao. Zmakhawanch you ustadwo, agha da badokor ta rarwan wo ch pa laratalibanouchatkroaoghwa ye kroche tar nan wrayporay ye la sapatanalagi. De desarazaozma da kor nor khalaq der preshana you ao be asraypatayshuao da agha wapisratlo ta starge pa lar u. Zakhpalajghwaramaajwand pa khpalihimmatbandeterolghwaram."

She said that everyone here has a story to tell and a tragedy to share. We left our settlement due to blind war; we are here to seek medical assistance, secure livelihoods and hope for respectful return. Our household possessions, crops and livestock got ruined in the conflict. We also lost our assets and property. Before the conflict we lived happily. My husband was a school teacher. Unfortunately; once he was on his way to home, some unidentified men may be Taliban abducted him and this shocking news depressed me hard. Still we are awaiting him. No one left to support our family. At the moment we are totally helpless but I don't want to live in the state of dependency syndrome more. I want proper cure she added.

Psychologist deeply studied the case. Chief complaints have been noted i.e. headache, sleeplessness with no appetite, anhedonia, hopelessness, suicidal ideation, crying spells, isolation, no interest in interpersonal relationships, low mood. In coordination with medical officer, Depression diagnosed after investigating her medical complaints. Successively four (04) counseling sessions carried out. Following rapport building, psychologist applied free association techniques and resultantly the patient got relaxed. Equal breathing exercise helped her in falling nap and asleep as a healthy one takes. She got eased from racing and sidetracking thoughts. Cognitive behavior therapy and the use of Islamic messages developed her thoughts positively.

Now she is healthy and started tailoring while to quell the dependency syndrome. Now she earns bread and butter for her family and wish to go back with skills in hands.

## Success Story

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[Pick the date]

She further said that she is still hopeful that her husband would come back soon Inshallah and now she believes women is strong enough to support her family both financially and emotionally. Ms.Jameela added “za the SHED derashukarguzaraymch ma ta ye pa korelajoko and zmazehniaobadanielaj yeokoch us zayokhajwandterolayshm”. She said that she is thankful to SHED for bringing health facilities at their door step. Successive counseling sessions with psychologist brought me into a normal routine life.

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