

## Society for Human & Environmental Development SHED

### Niaz Wali back to normal life from Psychological disorder - A success Story

Niaz Wali 18 belongs to Sheen Drung, Aka-khel and a sub section of Afridi Tribe in Bara Tehsil, Khyber Agency Federally Administered Tribal Area (FATA) of Pakistan. His father is unskilled labor and sole bread earner of his family. His family consist of 13 members- parents and 11 siblings (8 brothers and 3 sisters). There is neither serious illness nor psychiatric history in his family. Niaz Wali was suffering from psychological diseases that made him totally dependent on his family.

His mother came to know about health project intervention being carried out in the three health facilities of Bara Tehsil by SHED organization with the support of PHPF-UNOCHA. He visited health facility (BHU Ajab Talab He visited the health facility with his mother, entered in psychologist's room in confusing state with flat affects and seated quietly in a chair next to the psychologist. The psychologist asked from patient's mother about the disease history. Sharing his medical history, his mother stated that Niaz Wali has been suffering from severe Psychotic disorder for the last 10 years. He was slow learner and used to spend most of time with friends. But his life was changed by an accident in which he got intensive injury on the head while playing with friends, he became unconscious with stiff effects and after a short time he felt better when a local practitioner treated him with an injection. After this accident his life was completely changed- he became socially withdrawal and radical changes occurred in his behavior shared by his mother. While sharing his appearance, his mother expressed that he has violent behavior, irregular sleep, intolerance to noise and complaining severe headache with no hallucinations. He was further acutely affected by the unavoidable distressing situation during displacement period. He was taken to a doctor nearby their house but showed little improvement. Due to their poor economic condition, they were not able to afford the expenses of a psychologist/psychiatrist's services.



The psychologist then started his assessment to reveal level of disorder and to effectively frame psychological therapy through counseling. After his details assessments conducted by psychologist, it was confirmed that he suffered from headache, aggressive behavior, pressure of speech, irrelevant speech and mood depression. He was advised to regularly visit health facility for psychological therapy and was also referred for psychiatric opinion and medication to Mental Hospital Peshawar as one of the SHED's referral partners. Through project ambulance services, he was taken along his mother on the following morning to Mental Hospital where he received consultation services of psychiatric and free medicines. Wali Khan showed improvements, after every



psychological therapy (counseling) conducted by Psychologist. As a result of extensive care and five successive psychological counseling sessions, he came back to normal life and started living happy life with his family. Currently, he is actively participating in social activities and has established relation with old friends. Positive changes have been observed in his behavior like his sleeping became normal, speaks in well thought-manners, reacts in a very polite way and care about himself. He has also started job and earning living for his family. Niaz Wali and his family members are very thankful to SHED-Project team for making this possible with intensive health care and psycho-social support.