



## Society for Human & Environmental Development SHED

### Misal got recovered from Psychological Disorder

Misal Khan 26 belongs to Aka Khail- a sub clan of Afridi tribe in Bara Tehsil, Khyber agency Federally Administered & Tribal Area FATA Pakistan. In November 1, 2014 he displaced along with his family to Sheikh Muhammadi an outskirts of Peshawar district due military operation against the militants and anti-state armed groups in the region. His home and household possessions got ruined in the conflict, currently he lives in Sheikh Muhammadi with his wife, two kids, parents and 14 siblings in a rented, suffocated and muddy walled house.

A female health worker from the local BHU informed the displaced family about the health intervention project being carried out by SHED in three adjacent areas (BHUs) located in different areas of Union Councils Sarband, Acheni Bala and Sheikh Muhammadi, following morning (April 1, 2015) Misal visited BHU along with his wife, entered psychologist (SHED representative) room in a drowsiness state with flat affect. Psychologist asked the patient's wife about the disease history, she clinched the psyche history of her diseased husband shortly, she told that he had eutectic birth and reached developmental milestones at appropriate times. He was a sensitive child; he used to start crying on minor things, but reports no substance abuse. He was mediocre student. He had just a few friends, not took part in any activities. He had severe headache, sleep disturbance and violent behavior. His family rushed him for a doctor near to their home but showed little improvement.



Psycho-social support session

After displacement my husband deeply suffered from violent behavior, anorexia, anhedonia, delusions of persecutory and bipolar depression. We rushed him to Dr. Musharraf Psychiatric clinic situated in our nearby area, where he received Anti-Depressant drugs, after that he was asymptomatic, got improved shortly, But due to economic crisis he could not continue his treatment for a long. After one and half month his sleep got disturbed, started experiencing severe headache again and became socially withdrawal.

After his psyche assessment, psychologist advised him to visit Dr. Farhan Psychiatrist one of the famous doctors in Peshawar Mental Hospital for further investigation and treatment who is our referral partner provides treatment to the patients suffering from acute mental stress and trauma. The SHED paid him PKR.500/= as a travel allowance and following morning the couple visited Mental Hospital Peshawar for proper treatment and medical examination. They backed with hopes. After using the medicines the couple attended 3-4 counseling sessions successively with psychologist which ended in fruitful results, the patient got improved; now he has no delusions, no violent behavior, he sleeps like healthy one.



Psychologist at patient's door step-Patient looked healthy

Now he is quite well and earning his bread and butter satisfactorily. He is thankful to the SHED for bringing health facilities at their door step. Successive counseling sessions with psychologist brought me into a normal routine life. Most of the displaced families have benefited from the project services, we wish for its continuation in Peshawar in general and in the outskirts areas in particular; Misal added.