

SOUTH ASIA SELF HARM RESEARCH CAPABILITY BUILDING INITIATIVE (SASHI) LAUNCH

Pakistan Institute of Living and Learning (PILL) organized SASHI launch event on 10th and 14th of July '18 in Lahore and Karachi, respectively. PILL is doing cutting-edge, innovative, state of the art research, especially in areas like psychological and pharmacological interventions: severe and enduring mental illness.



We are proud to say that PILL is pioneering the largest therapist delivered intervention for self-harm. Self-harm and suicide is a serious global health concern. Every 40 seconds someone, somewhere in the world dies due to it. Suicide is amongst the largest leading causes of death. There is no specific criteria attached to it, irrespective of age, gender, occupation, culture or religious views. More than 75% of suicide and self-harm occurs in low and middle income countries like Pakistan. Since it is a crime in Pakistan, people rarely report the incidents. This is one of the factors that there is no accurate data on prevalence when it comes to self-harm and suicide.





The South Asia Self Harm Initiative (SASHI) was formed in 2015 and is led by the Centre for Mental Health and Society at Bangor University. It is a partnership between Pakistan, India and UK. University of Bangor, Manchester and Oxford are involved in the project. The purpose of the SASHI project is to help find practical solutions to self-harm and suicide in South Asia by building research infrastructure and expertise in Pakistan and India. This will allow each country to build a body of evidence to facilitate the development of culturally relevant and effective interventions, both psycho-social and medical.



Role Play — Aik Umeed



Pakistan Institute of Living and Learning



Prof. Nasim Chaudhry, CEO PILL thanked all the guests for their presence and briefly talked about 21 years of PILL journey.

Prof Saeed Qureshi, Vice Chancellor Dow University of Health Sciences and Prof. Jawad Sajid, Health Minister Punjab attended the event as Chief Guests in Karachi and Lahore respectively. They both appreciated the efforts of PILL in raising awareness regarding mental health particularly on suicide prevention in Pakistan.

Prof Iracema Leroi, Senior Clinical Lecturer at University of Manchester and Dr. Joseph Bernord, Associate Professor at University of Leeds addressed the audience on the role PILL can play in coordinating response to ageing through evidence based research and be at a centre of the response to the drug epidemic.



Family & Friends Comments

14/7/18

PILL is endeavouring hard in delivering mental health care to the citizens. The caring family & their contribution towards the whole cause of uplifting the health of the nation.

It was a wonderful event specially focused on very special topics

[Signature]

"An amazing and informative event. Very proud of you all of all the work you are doing. My usual (Uj Gu Dulmat) would be so proud!"

[Signature]

Great event for the researchers. Would love to attend again & it is an honour to be a part of PILL Team.

It was a very well organized and motivating program especially the role play was very inspiring and could be a lesson among the members.

Wonderfully orchestrated occasion focusing some very important & serious issues of our society. Keep it up. (Dawood etc.)

Great event and amazing effort by the PILL team. Keep it up.

It is always an honour to be part of PILL working & then getting to know them. Above all, mention of Dr. Nisar & Dr. Nazam is given in commendable.

Dr. Sofya Saad.

Great work to help and improve mental health of our nation by conducting researches over here.

[Signature]
10.7.18

I am extraordinarily impressed by the growth, the energy and the energy hospitality.

With all my heart, I wish you well.

[Signature]

Well organized function. The presentations of various researches by the PILL staff were well done. Good luck to PILL & SASHI.

[Signature]
Dr. Noor ul Zaman Pajji
PFRD

would say that the function, presentation and all the work is really nice. PILL is doing a wonderful job. Keep doing it.

Best of Luck.

Dr. Saima Dawood
Centre for Clinical Psy,
University of the Punjab,
Lahore.

