

www.taskeen.org

# ANNUAL REPORT





















# LETTER FROM THE CEO

It is with great pleasure that I present to you Taskeen Health Initiative's 3<sup>rd</sup> annual report. I am proud to inform you that this year has been one of our most impactful ones to date with our programs growing from strength to strength.

I would like to thank our team for leading this on the ground, our donors for their support and, most importantly, our beneficiaries for continuing to believe in us and utilizing our services.

This year we have made great strides in advocating change on a national level and with consistent efforts and unrelenting support from our partners, we have successfully passed the suicide decriminalization bill in Pakistan which is a landmark victory.

Moreover, we have produced two phenomenal reports on mental health regulation and screening tools in collaboration with National Commission of Human Rights. It has been a great year for technological innovations with the launch of our new automated WhatsApp Chatbot which provides urgent case screening, appointment scheduling of clients and mental health resources to increase awareness and de-stigmatize mental illness and distress

Some of our other key achievements in 2022 include:

- Reaching more than 18 million people on social and mass media through our public mental health awareness campaigns, producing more than 50 videos on mental health
- Starting a community-based awareness program in primary healthcare clinics to raise awareness and reduce stigma around mental health

- 3. Partnering with FM91 for a segment on mental health awareness
- 4. Collaboration with Snack Video to create awareness among the masses
- Increased the capacity of our mental health helpline providing free of cost mental health support to more than 3000 people with 6000 consultations conducted overall
- Piloting our school mental health chatbot to be launched by 2023 in schools to raise awareness and aid in early prevention in educational institutions
- Working alongside the Federal Ministry of National Health Services Regulations and Coordination to develop the Islamabad Mental Health Act
- Working with the President of Pakistan and Federal Ministry of National Health Services Regulations and Coordination to create a national mental health helpline

My gratitude and thanks goes to the entire Taskeen team and our partners, donors and key government functionaries for supporting our cause and collaborating with us

We look forward to your continued support in the coming years.

# - IRFAN MUSTAFA - Director & CEO

# ABOUT TASKEEN

Taskeen ("نسكين to comfort") is a non-profit that aims to promote mental health and prevent mental illnesses in Pakistan and change people's attitudes and behaviours towards mental health and wellbeing through;

AWARENESS
EDUCATION
EXPRESSION
ADVOCACY



# OUR GOALS

- To raise **awareness** about the importance of mental health and reduce the stigma against mental illness
- To **educate** people about the causes, signs, symptoms, prevention, and treatment of mental illness
- To facilitate healthy **expression** to help those affected by mental health problems
- To advocate for policy change and increased investment in mental health on a national level



# OUR PHILOSOPHY

Healthy Body, Mind, Spirit

Sehatmand Jism, Nafs, Ruh

Healthy Relationships



Sehatmand Talugaat

Healthy Society



Sehatmand Maashra





Sehatmand Pakistan





















# PUBLIC MENTAL HEALTH AWARENESS PROGRAM

# Our Impact



**52** 

Total Videos



**18 MILLION** 

Social Media Reach



15 MILLION

Social Media Video Views



1.5 MILLION

Social Media Interactions



150,000+

Website Visitors

### Our Work

# Dil Kholo

### 06 Video sketches

Video campaigns focusing on raising awareness and combating the stigma attached to various mental health problems

### **Interviews & PSAs**

# 12 Videos

Interviews and public service announcements/ shout-outs with celebrities, influencers and service providers for education purposes

# **IG Live Sessions**

### 05 Videos

IG live session videos in collaboration with Mental Health Counsellor Raheela Ahmed to create awareness about Stress and Wellbeing

# **Supporting Content**

### 103 Static Posts

Static posts to create awareness around various mental health topics

# **Stories of Hope**

### 17 Videos

Stories of lived experience encouraging those who have recovered to provide hope to those who are suffering

### **Educational Videos**

### 11 Videos

Educational videos to create mental health awareness throughout the year including World Mental Health Awareness Month, Regulation Campaign and Ramadan

### Mass Media Shows

### 50 Shows

Mass media shows on leading TV channels to reach out to larger audiences and generate meaningful dialogue about prevailing mental health issues facing our society

# **Partnership with SnackVideo**

### 17 Content Pieces

Partnered with SnackVideo App to create awareness around mental health stigma

# PUBLIC MENTAL HEALTH AWARENESS PROGRAM



**Stories of Hope** 

**Snack Videos** 

**Mass Media Shows** 

**Short Films** 

# COMMUNITY BASED MENTAL HEALTH PROGRAM

Taskeen, through the British Asian Trust's support, has established a community based mental health program which we are piloting in the primary health clinics of Zubaida Machiyara Trust and Sehat Kahani across Pakistan. This innovative program aims to distribute Taskeen's audiovisual awareness content in underserved communities to encourage uptake of Taskeen's tele-mental health services. The 3 main aspects of the program are:

- Playing short films and multilingual animations on mental health on televisions installed in waiting areas of primary care clinics
- Conducting mental health screening of eligible patients visiting the clinics
- Referring patients screened positive to Taskeen's mental health helpline

Through this program we have achieved the following impact:



Reach

10,000+ patients



Referrals

462 patients



**Total Consultations** 

239 patients













# COMMUNITY BASED MENTAL HEALTH PROGRAM

Informational pamphlets designed for the ZMT and Sehat Kahani clinics:







# MENTAL HEALTH ADVOCACY

# **Reports and Publications Commissioned**



Malpractice in Mental Health: A call for Regulation Report

View Report >>



Mental Health Screening Tools Analysis Report

View Report >>

# **Impact**



Planned the First Annual PMHC Meeting



Development of Islamabad Mental Health Act



Suicide Decriminalization Bill passed by the Parliament







Taskeen is working with the President of Pakistan,
Dr. Arif Alvi, and the Ministry of National Health Services, Regulation
and Coordination (NHSRC) to establish a national mental health action
plan and to launch a national mental health helpline

# SUICIDE DECRIMINALIZATION IN PAKISTAN

Taskeen Health Initiative is proud to announce that Pakistan has officially decriminalized suicide and is honoured to have played a leading role in this historic achievement. We are hoping that this bill will create avenues for compassionate treatment of suicide survivors and reduce the stigma against them.

We would like to thank all of our partners, supporters and stakeholders for helping us in achieving this landmark achievement and we would especially like to thank The President of Pakistan, Senator Shahadat Awan, MNA Qadir Khan Mandokhail, United for Global Mental Health, National Commission for Human Rights Pakistan and all members of the Pakistan Mental Health Coalition.



December 2022: The President of Pakistan

Dr. Arif Alvi, signed it into law, successfully decriminalizing suicide in Pakistan



Taskeen team with **Senator Shahadat Awan** outside the Senate



Taskeen team with President **Arif Alvi** in Aiwan-e-Sadr

# MENTAL HEALTH HELPLINE

### Our Impact

9,285

Online Distress Screening

6000

Total Consultations Conducted

3000

Total Beneficiaries Treated

### Facebook Peer Support Group

300

Group Members

6650

Total Reach

# Evaluation

61%

Beneficiaries reporting decrease in distress

89%

Beneficiaries satisfied with their counsellor

78%

Beneficiaries reporting service helpful

### Testimonials



I find your program nice, I've seen your videos and posts on Instagram. I was hopeful for my daughters health because of this. Previously, I was seeking help in Faisalabad but that was not beneficial. But I saw Taskeen's posts and became hopeful. Its helpful for all those who are suffering from depression or anxiety. I'm very hopeful that my daughter will get the help needed and she will get better.

Wah Cantt., Female, 22

To be very honest I really like your NGO. I heard about Taskeen in a Facebook group. Nowadays the youth have attachment issues. If feels like everyone is very happy but when you ask them they tell you their issues. I am very content with the counselor. Her way of talking was nice which is of importance when we take telephonic sessions.

Layyah, Male, 26

I really liked it, in fact at the start I did not really believe that something like this is happening in Pakistan as well. I did not even manage to find a psychiatrist in my city. Over here I filled out a form and I got immediate help. . I am really satisfied, you guys are doing well. I will give you guys 10/10, you guys are doing brilliant work.. Thank you and all the best.

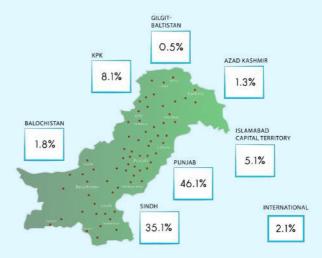
Jhang Sadr, Female, 19

This program is great. People are hesitant to talk about mental health but you get them to talk privately to you and give them the space to talk freely. People think they have gone mad, but they don't know anything. And this is a good initiative to end these problems. Although it should be an open thing, our society does not accept it but at least we can get the required help through telephone here.

Sahiwal, Male, 32

# **NATIONAL FOOTPRINT (N=3000)**

A map highlighting the locations of the beneficiaries of our mental health support activities.



# **TASKEEN CHATBOT**

If you ever want to talk it out, we'll be here



0316-Taskeen (8275336)



### Chatbot

9,100 192

Total Users Chatbot Distress Screening

# **Chatbot Marketing Videos**

**1 1,286,387 74,056** Video Chatbot Marketing Reach Link Clicks

- The Taskeen Chatbot aims to provide screening and psychoeducational tools to children and adults in a quick and standardized manner in order to increase mental health accessibility on a large scale and decrease stigma associated with it.
- Taskeen Chatbot was launched in May 2021 for the public.
- Taskeen School Wellbeing Chatbot is being piloted to be launched by 2023 in schools to raise awareness around mental health, decrease stigma and provide easy access to resources for early prevention.

# WHATSAPP APPOINTMENT SCHEDULING CHATBOT

The Taskeen WhatsApp Chatbot is an automated tool designed to act as an efficient and user-friendly means to accessing mental health support

- 24/7 automated appointment screening process of clients requiring mental health support
- Urgent case screening and immediate support provided
- Mental health resource tools made available through the click of a button
- · Efficient and quick appointment scheduling method
- Direct support by helpline coordinators for beneficiaries



### EMPLOYEE WELLBEING PROGRAM

In 2022, Taskeen's Employee Wellbeing Program conducted 12 sessions in total which had a significant impact over 500 people

We covered topics from our pre-set modules of stress and wellbeing, communication and empathetic listening, work-life balance etc. Other important themes addressed were suicidal behaviours, dealing with disasters and PTSD. The target audience were vocational training students, employees of different organizations as well as teachers and students who had to deal with the anxiety with respect to the recent flood situation in Pakistan















28 Workshops Held 700+ **Participants** 

# Testimonials

It was a really great session. We learnt a lot from Ms Sharmeen. She also discussed our daily life challenges and kept it interactive. We learnt how to maintain stress, what is good stress and bad stress, and how good stress can keep us motivated.

### F. Khi

I am married and my daily life chores get tough sometimes that causes stress but Ms Sharmeen taught us some exercises that help in maintaining stress. She also taught us how good or bad stress affects our health as well as life and some stress-relieving exercises which I apply to reduce it. She was really cooperative and talking or sharing about personal life was really easy with her. F. Khi

We learned a lot in that session. She taught us about stress management, what is good or bad stress, and how to maintain stress through different techniques like breathing exercises. I practiced this breathing exercise now and also shared it with my family. It was a great session because I usually take stress on little things that later affect my mental as well as physical health but after her session, I know how to avoid it through breathing exercises and other tips she shared. She was an amazing person and it was easy to communicate with her.

### F. Khi

I learnt that celebrating small wins can create a huge difference on your emotional wellbeing. M. Khi

### Our Impact

Responses

"The workshop was helpful in improving their life"

"Improvement in their ability to deal with stress"

"Mental health awareness"



# **BOARD**



Irfan Mustafa Director & CEO



Arshad Anis
Director



Hamza Khan Director



Beenish Nafees
Director

# **ADVISORS**



**Dr. Rubeena Kidwai**Advisor



**Dr. Ali Hashmi**Advisor



Shireen Naqvi Advisor

# **TASKEEN TEAM**

We would like to thank all the team members who worked to help us fulfill our objectives in this year.



















Naveed Ahmed













Sana Liaquat



Babar Jafree Sinan Charania

Duaa Nusrat



Hadi Amir



Tayyaba Imran

Sarah Hatim

















Nida Rehman



Sharmeen Khan





Shahzor Hashim



Mahrukh Iftikhar













Batul Bagir

Nimra Sultana

Tina Khatri

Aymen Nihan Siddique

Faryal Gohar

19 I TASKEEN ANNUAL REPORT JAN-DEC 2022

# **GOVERNANCE**

Legal Status

Profile: A Non-Profit Organization

Registered under Section 42 of the

Companies Act, 2017

Incorporation #: 0140099

**Bank Information** 

Bank: Bank Al Habib

Zakat Donation Account #:

1005 0081 0430 6501

General Donations Account #:

1103 0981 0076 6301











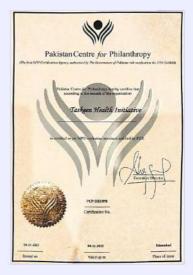
**CLICK NOW** 

# **GOVERNANCE**

# Shariah Compliance Certification



# Pakistan Centre for Philanthropy Certification



# **OUR PARTNERS AND SPONSORS**

### Media/Promotion Partners



### Mental Health Partners



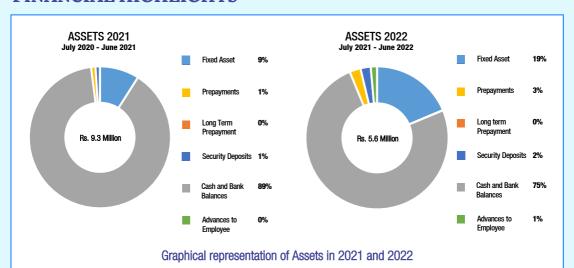
### Donors



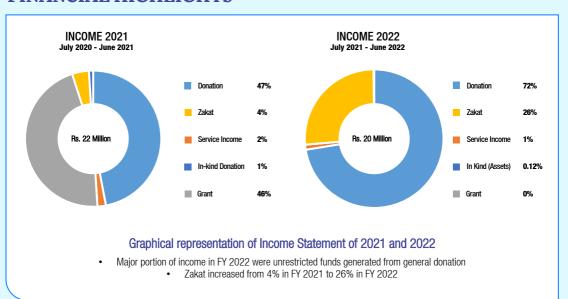


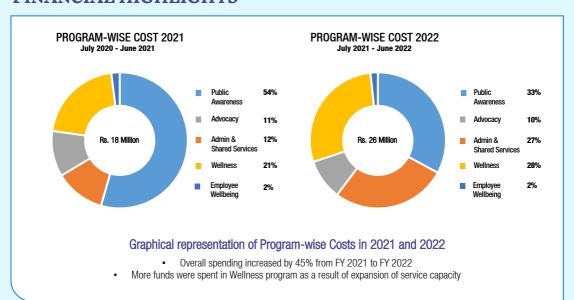






- Overall assets decreased from FY 2021 to FY 2022 due to utilization of funds for awareness campaigns and wellness programs
  - Fixed assets increased due to procurement of electronic equipment for Wellness Counsellors & Video Production







# **Zakat Utilization Summary**

July 2021 - June 2022

Zakat Eligible Cost As Per Shariah Compliances PKR 10,551,464

Zakat Funds Available PKR 5,508,486

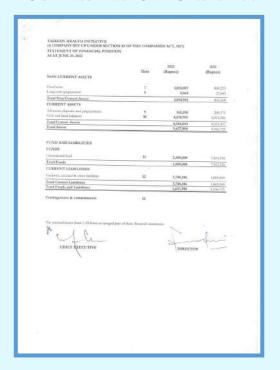
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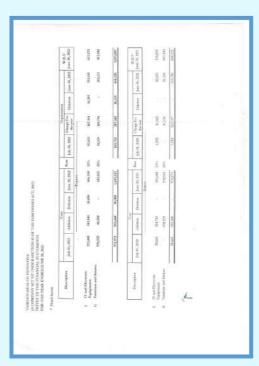
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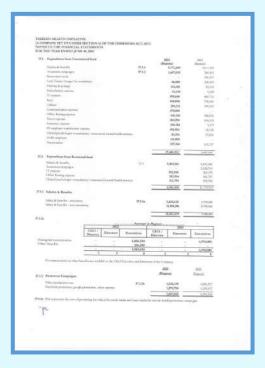


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