

MENTAL HEALTH IN KASHMIR

The ongoing violent occupation, militarization, and digital siege in Kashmir has created a mental health crisis.

41%

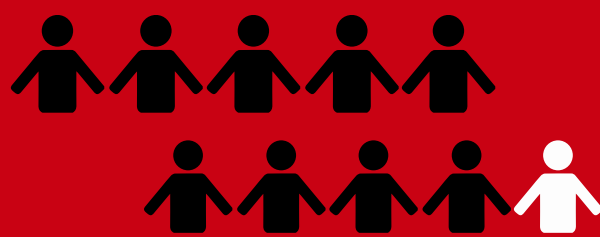
(1.6 million) adults in the valley are living with significant symptoms of depression



Nearly 1 in 5 adults in Kashmir show symptoms of post-traumatic-stress-disorder

1.8 MILLION

45% of the adult population in Kashmir Valley are experiencing symptoms of mental distress



9 out of 10 adults in the valley have experienced or witnessed conflict-related trauma

All data in this section is from Kashmir Mental Health Survey Report 2015

6.4%

of the adult population with a mental illness see a psychiatrist

IMHANS & ActionAid Study 2016

↓ 60

For a population of over 8 million, there are fewer than 60 psychiatrists in Kashmir

Sameer Yasir for NYTimes (2020)

400% +

There has been a 400% increase in weekly patient visits from 2019 to 2020 as per a government psychiatrist from Pulwama

Sameer Yasir for NYTimes (2020)

12.6%

of the adult population experiencing symptoms of mental distress seek any kind of healthcare help at all

IMHANS & ActionAid Study 2016

Dr. Hussain, a psychiatrist who co-authored the ActionAid study, calls Kashmir one of the **“saddest places in the world”**.

Nusrat Sidiq for The New Humanitarian

STANDWITHKASHMIR

