MENTAL HEALTH IN KASHMIR

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

41% of the adult population in Kashmir Valley are experiencing symptoms of mental distress.

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

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

6.4% of the adult population with a mental illness see a psychiatrist.

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

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

12.6% of the adult population experiencing symptoms of mental distress seek any kind of healthcare help at all.

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

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

STANDWITHKASHMIR