

Round table discussion on “Preventing suicides in Pakistan”

15th December 2018

Dr Asma Humayun is a member of the Royal College of Psychiatrists and has over 25 years of advocacy, service development, and capacity building for mental healthcare. She is the co-author of a textbook on Behavioural Sciences, which was published by the Higher education commission. She has been a member of working groups for the World Health Organization including: revision of stress related disorders in ICD-11; the mhGAP training guidelines for capacity building in developing countries; and the guidelines for general healthcare for people with severe mental disorders. She has a special interest in providing psychosocial support in humanitarian crisis: supported the WHO Polio team in Pakistan and Afghanistan for two years during a highly critical period and their staff at the Headquarters in Geneva this year; led a MHPSS initiative for the IDPs from North Waziristan and implemented mhGAP training for the primary care staff in Bannu in collaboration with the International Medical Corps.
econtactasma@gmail.com

Dr. Murad Moosa Khan is Professor of Psychiatry, at the Aga Khan University, Karachi. He is a graduate of the Dow Medical College, Karachi and received psychiatric and higher specialist trainings in UK. He is a member of the Royal College of Psychiatrists and completed his PhD from the University of London.

He is President of the International Association for Suicide Prevention (IASP) and co-chairs the Bioethics Group (BG) at AKU. His research and clinical interests include epidemiology of suicide and self-harm, mental health of women and elderly, psychosomatic medicine and medical ethics.

murad.khan@aku.edu

Dr. Ambreen Ahmad is a Diplomate of the American Board of Psychiatry and Neurology with an additional sub specialization in Child and Adolescent Psychiatry. She is currently in private practice in Islamabad. She is the founder member and Advisor to Rozan, an NGO that has been working on emotional health, gender and issues of violence against women and children since 1999. Dr. Ahmad has used her background in Mental Health to raise awareness on the importance of attitudinal change and self-awareness as a critical first step for fighting social injustices and moving towards real and sustainable change.

ahmad.ambreen@gmail.com

Abeer Mustafa holds a B.A.-LL.B. (Honours) from LUMS, where he initiated the conversation on mental health back in 2015 by conducting the first mental health survey amongst the students. Post-LUMS, Abeer worked at the Research Society of International Law (RSIL) on various issues of international law and policy, before leaving to help set up a multi-disciplinary therapy centre in Lahore. He has been invited back to LUMS and other schools where he continues to advocate for mental health services.

abeermz@gmail.com

Aisha Sarwari is a gender rights activist and advocate of better social status of women. She writes for the Guardian, Dawm.com, Tribune and Arab News on these issues. She is a professional communications expert with a 15 year experience in US, Turkey and Pakistan. She is

the author of Navigating Pakistani Feminism - Fight by Fight and has an upcoming book by Bloomsbury in 2019. She tweets @AishaFSarwari.
aisha.f.sarwari@gmail.com

Amber Rahim Shamsi is an award-winning multi-media journalist, with wide-ranging experience in television, radio, online and the print media. She is also an International Visitor Leadership Programme (IVLP) and a International Centre for Excellence in Journalism (ICFJ) fellow. Ms. Shamsi currently hosts a show on Hum News and writes opinion pieces for international media platforms. Previously she was a bilingual reporter for the BBC World Service, television anchor, desk editor, and producer. Her reporting largely focused on human rights. She has also written research reports and training manuals on women in the media, gender and conflict reporting, as well as conducted journalism workshops.
amberrahim.shamsi@gmail.com

Daanika Kamal is a human rights lawyer, mental health advocate and an internationally published author and editor based in Islamabad. She is also a development specialist with extensive experience in program management and implementation, corporate social responsibility, policy-making and analysis, and legislative drafting; with a specific focus on climate change, access to justice and human rights protections. As part of her efforts to affirm mental health as a fundamental human right, she founded The Colour Blue (TCB), Pakistan's first mental health social enterprise in 2018, to promote and encourage the empowerment of those facing mental health challenges, through an inclusive and innovative platform for engagement, effective support mechanisms and quality service provisions.
daanika@gmail.com

Muhammad Hamza Shafqaat is the Deputy Commissioner at Islamabad. He is an engineer by Qualification and is also an MPHIL in public policy from NDU. He has served across Pakistan throughout his service. He is actively working to raise awareness about mental health issues in young people in the capital particularly as regards to ever growing drug use. He has also taken various initiatives for drugs control in schools and universities in the capital.
hamzashafqaat@gmail.com

Rana Jawad is working as director News with Geo News. He started his career as crime reporter with the Nation, some 28 years ago, and joined English daily The News as chief reporter in 1992. He also worked with international wire service, Agence France Presse, between 2001 and 2009. He has covered Afghanistan extensively and traveled across the world reporting mainly on political upheavals. His main area of reporting has been crime, counter terrorism, counter insurgency, sectarianism and social injustices. He joined Geo News as bureau chief islamabad in 2009 and was promoted to the present position in 2015.
Rana.Jawad@geo.tv

Saba Gul is an MIT-educated engineer turned entrepreneur, and a mental health advocate. Currently, she is Entrepreneur-in-Residence at VentureDive, a technology solutions studio. Previously Saba was the Founder & CEO of Popinjay, a global ethical retailer. Saba has worked as a technologist in Silicon Valley at companies like Oracle and Thomson Reuters. She has lived and worked across the world – from France to Sri Lanka to Ethiopia, and brings her global business experience to her work. Saba is passionate about using her background in technology and business to create digital tools for mental wellness.

