

Pass Notice NO. 237.

Resolution

It is submitted before this August House that Chitral comprising both District Upper Chitral and District Lower Chitral is facing an immense social issue that is particularly affecting the lives of our youth, especially young women and highly educated persons.

Acknowledging That Chitral has one of the highest literacy rates in not only Khyber Pakhtunkhwa but all of Pakistan it is important to take action concerning the mental health epidemic that is plaguing the region.

Whereas The youth of Chitral are highly qualified, they are not able to find jobs or adapt to the traditional lifestyle of their forefathers after completing their education. This is especially pertinent for females as they wish to use their skills to pursue a livelihood and become part of the economy but the social structure and limited opportunities available in Chitral often prevent them from doing so. This has unfortunately led to depression and even suicide becoming a common occurrence in both the urban and especially the rural areas of Chitral.

Therefore This legislative Assembly must ensure that the Health, Social Welfare and Education Departments of our province must devise a system that provides free career counselling, psychological therapy and if needed psychiatric treatment for young people that will help them cope with the challenges they face of living as educated individuals in a remote region. These facilities must be available at the Union Council level so that they can easily accessed and a telephone hotline for suicide prevention must also be established. The government must also reach out to non-governmental organizations that have experience in handling complex social issues. The epidemic of depression and suicide must be halted if Chitral is to progress.

Resolution

Session No. 97


Notice No. 237

Received Time 6:22

Received Date 8-9-2025

From Mr/Ms. MPA

Receiver Sign. [Signature]


Fateh-ul-Mulk Ali Nasir
MPA PK-2 Lower Chitral

passed unanimously in
session of July.
11/5/25
08/09/25

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KHADIJA Bz
MPA WR

Ubaid ur Rahman
PK-17

Fateh-ul-Mulk Ali Nasir
MPA PK-2 Lower Chitral

MPA PK-21 Khyber

Suriga Bibi
PKI

Whi
08/09/25