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*Individualland*  
Creating Space for the Individual

Directory of  
**Mental Health Professionals**

**INDIVIDUALLAND**

**DIRECTORY**

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**MENTAL HEALTH PROFESSIONALS**

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Despite all the assistance received, Individualland assumes the responsibility of any omissions.

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## The need for the directory

Mental health professionals play major role in the promotion of healthy behavior, preventing diseases and improving patient's quality of life. The Mental health professional directory is a compilation of contact details of specialized experts including clinical psychologists, psychiatrists and counsellors from across the country that might helpful for public. Due to unavailability of data regarding mental health professionals working in different cities those in need of their services are unable to reach out to them. This directory helps in getting access to the contact details of highly qualified mental health professionals of the country.

Mental health issues are on the rise and people are facing different psychological issues in their lives. In this regard , it is hoped that the directory would assist public to find the required specialist in the field of mental health services. Mental health professionals are working in different hospitals and running private clinics for providing consultation and psychological counselling. Mental health care is necessary for seeking help about psychological issues but people are neglecting and ignoring mental health problems and not getting treatment to cope with mental illness.

Individualland Pakistan (IL) is a civil society organization working in Pakistan since 2007. In more than one decade of its existence, IL has demonstrated expertise of working on skill and capacity building including

both soft and technical skills, media literacy, community mobilization, governance reforms, media technical skill programs, leadership and peace building initiatives with various demographics such as youth, women, government officials, civil society organizations, business community, police and law enforcement agencies.

IL is currently running a psychological center in Quetta, Balochistan with the support of Deutsche Welle (DW) Akademie. The center provides psychological counseling services to media personnel from Quetta and its neighboring districts of Balochistan. IL has compiled and verified data of experienced psychologists, psychiatrist and counselors from across the country even from smaller districts and we hope that it will prove to be helpful in promoting mental health services in Pakistan.

**Psychologists**  
**Islamabad / Rawalpindi**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Ayesha Kashif	051-8090200	Ali Medical Centre, Kohistan road, F-8 Markaz, Islamabad.	
2.	Dr. Farwa Malik	051-8090200	Ali Medical Centre, Kohistan road, F-8 Markaz, Islamabad.	
3.	Ms. Firdous Afzal	0306-5757198 <a href="mailto:37yasman@gmail.com">37yasman@gmail.com</a>	Rawalpindi.	MS Clinical Psychology Post- Magistral Diploma in Clinical Psychology
4.	Dr. Iftikhar Ahmed	0335-2321144	Hosla Medical Centre, Chak Shahzad, Islamabad.	Clinical Psychology



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
5.	Dr. Malik	051-8090200	Ali Medical Centre, Kohistan road, F-8 Markaz, Islamabad.	
6.	Mr. Mazhar Ali	0344-9894623 <a href="mailto:psymazhar@yahoo.com">psymazhar@yahoo.com</a>	Chamtalai Khwaza Khel Swat. International Islamic University, Islamabad.	MS Educational Psychology
7.	Ms. Natasha Kanwal	0304-7824711 natashakanwal0@gmail.com	Islamabad.	MS Clinical Psychology
8.	Ms. Saiqa	0321-9078829	International Medical Corps (IMC), Pakistan. Islamabad	
9.	Ms. Shaffaq Imran	0346-5477774 <a href="mailto:shaffaq.a.imran@gmail.com">shaffaq.a.imran@gmail.com</a>	Islamabad.	MS Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
10.	Ms. Sidra Zarin	0345-9671382 <a href="mailto:sidrahjoom94@gmail.com">sidrahjoom94@gmail.com</a>	Rawalpindi.	Post Graduate Diploma in Clinical Psychology
11.	Ms. Sobia Khateeb	0336-1057339 051-5401318 <a href="mailto:sobiakhateeb@gmail.com">sobiakhateeb@gmail.com</a>	Sobia Khateeb Organization, Phase 8, Bahria Town, Islamabad.	Clinical Psychology
12.	Dr. Tahir Khalil	0347-5710446	Islamic International University, Islamabad (IIUI).	PhD Psychology
13.	Dr. Waqar Ahmad	0300-5960102	Department of Psychology, COMSATS University, Islamabad.	PhD Psychology Assistant Professor in Psychology

**Psychiatrists**  
**Islamabad / Rawalpindi**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Abdul Wahab Yousafzai	051-8463000 <a href="mailto:wahab.yousafzai@gmail.com">wahab.yousafzai@gmail.com</a>	Shifa International Hospital, Pitras Bukhari road, H-8/4, Islamabad.	MBBS, FCPS
2.	Dr. Aliya Khalid	051-8090200	Ali Medical Centre, Kohistan road, F-8 Markaz, Islamabad.	MBBS (Khyber Medical College)
3.	Dr. Asad Hussain	<a href="mailto:hussain_asad22@hotmail.com">hussain_asad22@hotmail.com</a> 051-2315249/ 8449100 ext 4013	Quaid e Azam International Hospital, Golra Mor, Peshawar Road, Islamabad.	MBBS, MRCP, Diploma in Mental Health Studies

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
4.	Dr. Asad Tameez Ud Din	051-2817244 051-5702225	Islamabad Specialists Clinic 13-B, Kohistan road, Kiran Plaza, F-8/3, Islamabad. Head of the Department, Institute of Psychiatry and WHO Collaboration Centre for Research, Rawalpindi.	MBBS, FCPS
5.	Dr. Asma	051-5527528 03032062508	Jinnah Memorial Hospital, Rawalpindi 2 Rashid Minhas Road, Civil Lines, Rawalpindi.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
6.	Dr. Azhar Ali	0335-8299766	Hosla Medical Centre, Chak Shahzad, Islamabad.	MBBS, FCPS
7.	Col Dr. Nadeem Abbas	051-5130183 03435990947	Al Ihsan Hospital, Near Mureer Chowk 142 Murree Road Saddar, Rawalpindi.	MBBS, MCPS, DPM, FCPS
8.	Dr. Faisal Farid	faisalfarid@hotmail.com 0334-6216100 051-4570742	Cure link Health Care Hospital, Satellite Town, Rawalpindi.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
9.	Dr. Faisal Rashid Khan	051-4847711 051-5732855 051-5732221	Meditrina Healthcare Hospital, Satellite Town, Rawalpindi. Reliance Hospital, 132 Civic Centres, Phase 4, Bahria Town, Near KFC, Islamabad.	MBBS, FCPS, Assistant Professor Al Nafees Medical College and Hospital ISRA University, Islamabad
10.	Dr. Fareed Aslam Minhas	051-5793301	Tree House Hospital, Air Force Housing Society, Rawalpindi.	MBBS, FCPS, DIP, MSc, MRCP, MCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
11.	Dr. Hasan Aman	0302-8947376	Hasan Psychiatry Clinic, B 1142, Satellite Town, Rawalpindi.	MBBS (QAU 2000), MRC (Psych) UK- Royal College of Psychiatrist, 2010, CCT in Child Psychiatry (UK) Royal College of Psychiatry 2013, ADHD and AUTISM Specialist Newcastle University, 2012, PGC in Cognitive Behaviour Therapy (CBT) Newcastle University, 2012, Consultant Psychiatry NHS (UK)



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
12.	Dr. Maha	051-5481170/72 051-5733857 0343-5154701	Maryam Memorial Hospital, 2/311, Main Peshawar road, Rawalpindi.	MBBS, FCPS
13.	Dr. Mansoor Mustafa	051-9505311	Pakistan Air Force Hospital, Sector E-11/2, Islamabad.	MBBS, FCPS
14.	Dr. Rizwan Taj	051-8463000 0331564444	Shifa International Hospital, Pitras Bukhari road, H-8/4, Islamabad.	MBBS, MRC
15.	Dr. Sabahat Hameed	051-2315249	Quaid e Azam International Hospital, Golra Mor, Peshawar Road, Islamabad.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
16.	Dr. Samina Jhangir	051-5527528 03015307378	Jinnah Memorial Hospital, Rawalpindi 2 Rashid Minhas Road, Civil Lines, Rawalpindi.	MBBS
17.	Dr. Shahid Ali Khan	051-2817244 03205325256 <a href="mailto:shahid.khan79@hotmail.com">shahid.khan79@hotmail.com</a>	Islamabad Specialists Clinic 13-B, Kohistan road, Kiran Plaza, F-8/3, Islamabad.	MBBS, FCPS
18.	Dr. Wahid Zaman	051-4570742 0335-5614633	Cure link Healthcare, Anmol Plaza, P 1069, SaidPur Road, Near Asghar Mall Chowk, Rawalpindi.	MRCP

# **Psychologists**

## **Punjab**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Ms. Aiza Karman	<a href="mailto:aiza1995@gmail.com">aiza1995@gmail.com</a> 0323-4494827, 0423-6610887	H. No. 645, St. 39 Askari 9, Lahore Cantt, Lahore.	MS Clinical Psychology
2.	Ms. Akasha Niazi	0304-6569996	Mianwali.	MS Clinical Psychology
3.	Ms. Aliya Aftab	042- 35751231, 0333-4211891 0300-4118831 <a href="mailto:aliyaaftab@hotmail.com">aliyaaftab@hotmail.com</a>	Mariam Healing Centre, 112- B, Gulberg Road, Lahore.	Ph.D. Clinical Hypnotherapy
4.	Ms. Almas Akhtar	<a href="mailto:almas.akhtar101@gmail.com">almas.akhtar101@gmail.com</a> 0349-4762080 0343-4482837	H-E 373, Milad Chowk Nishat Colony Lahore Cantt, Lahore.	Advanced Diploma in Clinical Psychology
5.	Ms. Ambreen Ali	042-111945227	Wilcare Hospital, 4 M, Abul Hassan Isfahani road, Model Town Extension, Block M, Model Town, Lahore.	MSc Applied Psychology, Specialization in Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
6.	Dr. Amna Munir	042-35174500 0336-4562860	Iqra Medical Complex Hospital, Maulana Shaukat Ali Road, 5-A, Block A, Phase 1, Johar Town, Lahore.	BS (Clinical Psychology) MSc (Clinical Psychology)
7.	Ms. Aqsa Chaman	<a href="mailto:aqsachaman678@gmail.com">aqsachaman678@gmail.com</a> 0314-5660032 0322-5871611	H No. D/440 St. N, 11Bagh Mohallah, Jhelum.	MS Clinical Psychology
8.	Ms. Ayesha Mushtaq	<a href="mailto:ayeshamushtaq194@gmail.com">ayeshamushtaq194@gmail.com</a> 0306-1288095 0340-4657120 0303-8296901	H. No. 270, New Shalimar Housing Scheme, Block-B Lahore Cantt, Lahore.	MSc Clinical Psychology
9.	Ms. Ayesha Rasool	<a href="mailto:ayesha.rasool28@gmail.com">ayesha.rasool28@gmail.com</a> 0347-1251581 0345-2968806	H. No. 44, St. 2, Shaheen Block, Sector-B, Bahria Town, Lahore.	BS Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
10.	Ms. Bushra Jabeen	<a href="tel:042-11177000">042-111 770 000</a> <a href="tel:042-35881949">042-35881949</a>	Ittefaq Hospital, Model Town, Near H Block Bahar Colony, Lahore.	MSc Psychology, Ad. Diploma Clinical Psychology
11.	Ms. Farah Akbar	<a href="mailto:farahakbar97@gmail.com">farahakbar97@gmail.com</a> 0334-7980127 0322-4778595	Qazafi Park near Hassan Marriage Hall Muridke, Lahore.	
12.	Ms. Farwa Yousaf	<a href="mailto:farwayousaf00@gmail.com">farwayousaf00@gmail.com</a> 0305-6206283 0308-6496998	Gali Mamia Masjid Gosia Saiay Wali Katcha Fattumand, Gujranwala.	MS Psychology with Specialization in Counselling
13.	Ms. Fatima Ali	<a href="mailto:fa343960@gmail.com">fa343960@gmail.com</a> 0315-4164624 0345-5236688	E-913, Peer Colony 2, Walton Road Lahore Cantt, Lahore.	MSc Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
14.	Ms. Fatima Bano	<a href="mailto:fatimabano057@gmail.com">fatimabano057@gmail.com</a> 0314-7653056 0334-4056279	H. No. 84, Nadeem Park Kotlakhpat, Lahore.	
15.	Ms. Fizza Noor	<a href="mailto:uuufizz6@gmail.com">uuufizz6@gmail.com</a> 0331-6287718 0321-7403983	H. No. 17 St. 20 Block Peoples Colony, Gujranwala.	
16.	Mr. Hafiz Mahmood K Mirza	<a href="mailto:mahmood.mirza0321@gmail.com">mahmood.mirza0321@gmail.com</a> 0307-4413345 042-37500070	63-Feroz Pur Road, Lahore.	BS Clinical Psychology
17.	Ms. Huma Rani	<a href="mailto:humarani196@gmail.com">humarani196@gmail.com</a> 0303-9320820 0301-8743449	H. No. 249, Block-A2, Wapda Town, Gujranwala.	MSc Clinical Psychology
18.	Ms. Humera Manan	0300-0593256	141 Ali Block Garden Town, Lahore.	MSc Psychology (Worked with Schizophrenia Patients, A Project of University of Peshawar)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
19.	Ms. Imrana Shah	042-111 171 819	National Hospital and Medical Centre, 132/2, Block-L, near Sports Stadium, DHA Phase 1, Lahore.	MS Clinical Psychology
20.	Ms. Iram Mustafa	042-35340135	Bahria Town Hospital, Bahria Town, Lahore.	MSc Psychology
21.	Ms. Juveriya Hassan	<a href="mailto:juveriyahasan@hotmail.com">juveriyahasan@hotmail.com</a> 0310-4818880 0335-4755514	H. No. 145, Jahanzeb Block, Allama Iqbal Town, Lahore.	
22.	Ms. Khadija Saeed	<a href="mailto:khadija4213@hotmail.com">khadija4213@hotmail.com</a> 03234453003 0423-7809905	H. No. 12, Abdali St. Sheraz Park, Itehad Colony Multan Road, Lahore.	MS Clinical Psychology



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
23.	Mr. Khalood Aamir	<a href="mailto:aamirkholoud@gmail.com">aamirkholoud@gmail.com</a> 0324-8689563	H # 500, Block-H, Gulshan e Ravi, Lahore.	
24.	Ms. Mah Rukh	<a href="mailto:mahrukhsiddiqui.ms@gmail.com">mahrukhsiddiqui.ms@gmail.com</a> 0331-6654441 0300-9630341	Outside Pak Gate, Mohallah Bhati Sarai, H. No. 683Ward No. 7, Multan.	
25.	Ms. Maham Ali	<a href="mailto:mahamali5353@yahoo.com">mahamali5353@yahoo.com</a> 0333-4975353 0333-2529999	Abid Villa Major Zahoor Shaheed Street Ali Park Bedian Road, Lahore.	
26.	Ms. Maryam Mazhar	<a href="mailto:mazharmaryam28@gmail.com">mazharmaryam28@gmail.com</a> 048-6554737 045-7962477	Ahmed Yousaf Shaheed Road Near Karim Bibi Hospital, Chinot.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
27.	Dr. Mohsin Atta	0321-6004050	Department of Psychology, University of Sargodha, Sargodha.	Assistant Professor in Psychology
28.	Mr. Mouattar Majeed	0331-4569030 <a href="mailto:mouattarmajeed@gmail.com">mouattarmajeed@gmail.com</a>	Sheikhupura.	Clinical Psychology
29.	Mr. Muhammad Qaiser Arif	0334-8059503 0303-4547565	Near Govt. Girls Primary School, Mohallah Kot Shahbd Ud Din Boota Park Shahdra, Lahore.	MS Clinical Psychology
30.	Ms. Najaf Umar Daraz	<a href="mailto:najafumer786@gmail.com">najafumer786@gmail.com</a> 0306-8086523 0308-4002673	PO-Box Khaas Farooq Abad, Sheikhupura.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
31.	Dr. Najma	0300-9600694	Department of Psychology, University of Sargodha, Sargodha.	PhD Psychology Associate Professor in Psychology
32.	Ms. Nayab Farhat	<a href="mailto:nayab.16oct@gmail.com">nayab.16oct@gmail.com</a> 0302-4469434 0307-4758791 0333-4715780	H. No. 60-A Mehak Fiaz Colony Fatehgarh, Lahore.	MS Educational Psychology
33.	Ms. Nazia Bashir	0321-4262877 <a href="mailto:naziabashir12@gmil.com">naziabashir12@gmil.com</a>	Eman Clinic 262 L, Behind Emporium Mall Johar Town, Lahore.	Clinical Psychology
34.	Ms. Nimra Fatima	<a href="mailto:syedanimra2017@gmail.com">syedanimra2017@gmail.com</a> 0316-0483144	15/Abot Road House No. 26 Lahore.	
35.	Ms. Nimra Yousaf	<a href="mailto:nimra.yousaf73@gmail.com">nimra.yousaf73@gmail.com</a> 0323-4619450 0322-4379776	H. No. 239 Block-1, Kalim Park Ravi Road Kasur Pura, Lahore.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
36.	Ms. Noor Ul Ain	<a href="mailto:noormushtaq23@gmail.com">noormushtaq23@gmail.com</a> 0304-6862288 0306-3884614	H. No. 58, Umer Block, Shadab Town GT Road, Sahiwal.	
37.	Ms. Noor us Saba Baig	<a href="mailto:noor.baig.nb@gmail.com">noor.baig.nb@gmail.com</a> 0335-1159959 0544-232167	Dandot Cement Company housing Colony H. No. 9-E Pind Daden Khan, Jhelum.	MS Clinical Psychology
38.	Ms. Rabia Aslam	0322-6014210 <a href="mailto:therabia.ch@gmail.com">therabia.ch@gmail.com</a>	90-D Tariq Gardens (Wapda Town), Lahore.	BS Psychology
39.	Dr. Rabia Iftikhar	<a href="mailto:rubail1983@gmail.com">rubail1983@gmail.com</a> 0323-4004540	Assistant Professor, Clinical Psychology Unit, Government College University, Lahore.	Ph.D.

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
40.	Ms. Rabia Shahab	<a href="mailto:rabiashahab4@gmail.com">rabiashahab4@gmail.com</a> 0305-4826784 0423-6882641	H. No. 36-c, Canal Bank Extension, Mughalpura, Lahore.	Clinical Psychology
41.	Ms. Raheema Aamir	<a href="mailto:raheema786aamir@gmail.com">raheema786aamir@gmail.com</a> 0331-6494569 055-4224954	Mir Aamir Nazir, St. No. 03, Noor Bawa, Gujranwala.	BS Clinical Psychology
42.	Ms. Rubina Hameed	042-111-223-454	Aadil Hospital, Khayaban e Jinnah, Main Boulevard, Opp. Kashi Restaurant, DHA, Lahore.	MSc Psychologist
43.	Ms. Ruhma Naeem	<a href="mailto:ruhmanaem@gmail.com">ruhmanaem@gmail.com</a> 0322-9792828 0332-5647878	Tariq Road Muhammadi Street, H. No. 6, Mohallah Muhammad Pura, Faisalabad.	MS Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
44.	Prof. Dr. Saadia Dildar	0322-4621952 <a href="mailto:saadiadildargcu@gmail.com">saadiadildargcu@gmail.com</a>	In-charge Clinical Psychology Unit, Government College University, Lahore.	Ph.D. Psychology
45.	Ms. Saba Maratab	<a href="mailto:wahab0218@gmail.com">wahab0218@gmail.com</a> 0322-4985865 0324-4060493	H No. 1, St. 14, Gulbhar Colony Baghbanpura, Lahore.	
46.	Ms. Saba Sehar	<a href="mailto:saba.ethereal143@gmail.com">saba.ethereal143@gmail.com</a> 0334-9737180 0334-9737170	Main Road Qazi Park Shahdrah, Lahore.	MSc Psychology
47.	Ms. Sabahat Tasleem	<a href="mailto:sabahatcancer97@gmail.com">sabahatcancer97@gmail.com</a> 0334-4112889 0423-6620137	H. No. E-137, St. 3 Sultan Park, Lahore Cantt, Lahore.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
48.	Ms. Sadaf Inayat	042-35591427	Chughtai Medical Centre, DHA, Lahore. Psychiatry & Neurology Clinic, Gulberg II, Lahore.	MS Clinical Psychology
49.	Ms. Saira Jamil	<a href="mailto:sairajamil1414@gmail.com">sairajamil1414@gmail.com</a> 0311-4589571 0300-4324138	New Qadri Steel Works Qadaffi Colony Near Lohey Wali Pully Badami Bagh, Lahore.	
50.	Ms. Sajia Jabeen	<a href="mailto:sajiajabeen.sj@gmail.com">sajiajabeen.sj@gmail.com</a> 0333-2904050 0333-4083254	934-2, Blok DHA Phase-3, Lahore.	
51.	Ms. Sana Aslam	<a href="mailto:aslamsana1996@gmail.com">aslamsana1996@gmail.com</a> 0313-4218190 0423-5968422	53-A, UET Housing Society near Valencia, Lahore.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
52.	Ms. Shafaq Saeed	0334-6146101	Hi- Care Clinic, Oversees Enclave Sector B, Bahria Town, Lahore.	MS Psychology
53.	Ms. Shahida Abid	<a href="mailto:ayeshaa137@gmail.com">ayeshaa137@gmail.com</a> 0331-4075918 042-35312069	H-58, JA Johar Town, Lahore.	
54.	Ms. Shazma Tehrim	<a href="mailto:shazotehreem@gmail.com">shazotehreem@gmail.com</a> 0321-4926364 0321-4101801	439 Block-A Mehar Fiaz Colony Fateh Garh, Lahore.	
55.	Mr. Shehryar Alam Khan	0543-551122 0336-4866615 <a href="mailto:shehryaralamkhan@gmail.com">shehryaralamkhan@gmail.com</a>	Capital Health Hospital, Kalar Kahar road, near Islamia Chowk, Chakwal.	MS Clinical and Counselling Psychology)
56.	Ms. Sumaira Rafiq	<a href="mailto:sumairaacquarius@gmail.com">sumairaacquarius@gmail.com</a> 0332-1460083 0333-4171676	H # F16-A, Phase III, Ali View Garden Badian Road Lahore Cantt, Lahore.	MS Clinical Psychology



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
57.	Ms. Summaiya Imam	<a href="mailto:sumiyyakalyar@gmail.com">sumiyyakalyar@gmail.com</a> 0342-2100111	23 St. Butt Chowk Townships, Lahore.	
58.	Ms. Syeda Marium Raza	0333-4832391 061-6775710/1	Spring Hospital Institute of Psychiatry, opposite Madni Park, near Chowk Khumharanwala, Multan.	
59.	Ms. Syeda Taiba	0308-9282647 <a href="mailto:syedataibashokat512@gmail.com">syedataibashokat512@gmail.com</a>	Okara.	MS Clinical Psychology
60.	Ms. Tahira Shaheen	<a href="mailto:tahira_shaheen15@yahoo.com">tahira_shaheen15@yahoo.com</a> 0322-4332143 0323-0494175	H. No. 608, Block-S St. 1H imperial Garden Homes Paragon city Barki Road, Lahore.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
61.	Ms. Tahreem Iftikhar	<a href="mailto:tahreem.888829@gmail.com">tahreem.888829@gmail.com</a> 0343-1645999 0312-4242519	H. No. 3, St. No. 11, Shah Farid Park, Lahore.	Advanced Diploma in Clinical Psychology
62.	Ms. Tanzeela Khanum	<a href="mailto:tanzeela5974@gmail.com">tanzeela5974@gmail.com</a> 0331-4900620 0303-4845068	H. No. 101, Lone-3, Askari-V, Kalma Chowk Model Town, Lahore.	MS Clinical Psychology
63.	Dr. Tazvin Ijaz	0302-4636703 <a href="mailto:tazvinijaz@gcu.edu.pk">tazvinijaz@gcu.edu.pk</a>	Assistant Professor, Clinical Psychology Unit, Government College University, Lahore.	Ph.D. Psychology
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S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
65.	Mr. Umer Zahid	0345-9369923	Working in Non-Governmental Organization (NGO). Peshawar. Lahore	
66.	Ms. Umera Rauf	041-2636604	Prime Health Care Hospital, Saeed Colony, Faisalabad. Muhammad Hospital, Near Daewoo Stop, Faisalabad.	MS Clinical Psychology
67.	Ms. Yasmin Mushtaq	0312-4052208	Sheikhupura.	Clinical Psychology
68.	Ms. Zunaira Shabbir	<a href="mailto:zunaira.shabbir15@gmail.com">zunaira.shabbir15@gmail.com</a> 0324-4943123 0423-7612834	H. No. 5, St. 3, Misri Shah, Lahore.	MS Clinical

# **Psychiatrists**

## **Punjab**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Abdul Shakoor	062-25016118 042-3586731 042-35897142	Abdul Shakoor Clinic, BVH, Medical Colony, Bahawalpur Cantt, Bahawalpur. Shaikh Zayed Medical Complex, University Avenue, New Muslim Town, Lahore. Lahore Health Care, 194/1, Street 13 Y Block, DHA, Lahore.	MBBS, FCPS, MCPS
2.	Dr. Abu Huzaifa Kazmi	0300-6003114	Abu Huzaifa Kazmi Clinic, Trust Colony, Bahawalpur.	MBBS, MCPS-DCH

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
3.	Dr. Ali Anjum	042-35174500 0333-4377517 <a href="mailto:alianjum53@gmail.com">alianjum53@gmail.com</a>	Iqra Medical Complex Hospital, Mulana Shaukat Ali Road, 5-A, Block A, Phase 1, Johar Town, Lahore.	MBBS, FCPS (Psychiatry)-CPSP, 2018, DCP (Ireland)-RCPI, 2016
4.	Dr. Ali Madeeh Hashmi	0321-8107655 042- 111 945 227	Wilcare Hospital, 4 M, Abul Hassan Isfahani road, Model Town Extension, Block M, Model Town, Lahore.	MBBS, MD, Associate Prof of Psychiatry King Edward Medical University
5.	Dr. Altaf Qadir Khan	042-111 171 819	National Hospital and Medical Centre, 132/3, Block-L, near Sports, Stadium, DHA, Phase 1, Lahore.	MBBS (PU), DPM (PU), FCPS (Psych)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
6.	Dr. Aneel Shafi	042-35174500	Iqra Medical Complex Hospital, Mulana Shaukat Ali Road, 5-A, Block A, Phase 1, Johar Town, Lahore. Lahore Care Hospital, Main Ferozepur road, Lahore.	MBBS (Allama Iqbal Medical College, 2011), FCPS (Psychiatry) College of Physicians and Surgeons Pakistan, 2018, Assistant Professor, AVECINA Medical College, Lahore
7.	Dr. Anjum Bashir	042-35935341	Central Park Teaching Hospital, Kahnu Nau, Lahore.	MBBS, FCPS
8.	Dr. Aqeela	042-35407172	Orthopedic Medical Complex, 15-B, Shadman II, Jail road, Lahore.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
9.	Dr. Ashar Waheed Khan	042- 111 209 209 0332-0280281 042-6823712 042-35222777	Shalamar Hospital, Shalimar Link Road, Shalimar Larechs Colony Mughalpura, Lahore. Latif Hospital, Allah Hoo Chowk, Lahore.	MBBS, FCPS
10.	Dr. Asif Raza Malik	0333-4877802 042-35694766	Brunnen Clinic and Medical Centre, 113 CCA, Phase IV, DD Block DHA, Lahore.	MBBS



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
11.	Dr. Ayesha Butt	042-37813471/72 042-37498557	Farooq Hospital, 262-263 West Wood Colony, Main Canal Road Opp. Metro Cash and Carry, Thokar Niaz Baig, Lahore.	
12.	Dr. Ayesha Naveed	042-111-223-454 0321-4652078 <a href="mailto:ayeshanaveed_714@hotmail.com">ayeshanaveed_714@hotmail.com</a>	Aadil Hospital, Khayaban e Jinnah, Main Boulevard, Opp. Kashi Restaurant, DHA, Lahore.	MBBS, MRCP, CCT
13.	Dr. Ayesha Rashid	042-35179881	Niazi Hospital, 54- 55 Khayaban e Firdousi, Block A, Johar Town, Lahore.	MBBS, FCPS, DPM, MCPS Assistant Professor of Psychiatry, Lahore General Hospital, Lahore.

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
14.	Dr. Ayesha Siddiqua	042-32591427	Online Clinic, Main Boulevard, Gulberg III, Lahore.	MBBS
15.	Dr. Fatima Aslam	042-36621350 042-111-223-454	Aadil Hospital, Khayaban e Jinnah, Main Boulevard, Opp. Kashi Restaurant, DHA, Lahore.	MBBS, FCPS
16.	Dr. G.h. Saqib Kalyani	042-37813471/72	Farooq Hospital, 262-263 West Wood Colony, Main Canal Road Opp. Metro Cash and Carry, Thokar Niaz Baig, Lahore.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
17.	Dr. Ijaz Ahmad Warraich	055-3250077 0300-4238130	Chatta Hospital, 27/1 Civil Hospital, Road, Gujranwala Times Hospital & Medical Centre, Opp. AIMC, Near Jinnah Hospital, Faisal Town Lahore.	MBBS (Allama Iqbal Medical College, Pakistan, 1989), MCPS (College of Physicians and Surgeons Pakistan 2010), MD (University of Colombo, Sri Lanka 2012)
18.	Dr. Imran Afzal	042-38900939	Hameed Latif Hospital 14 - Abu Bakar Block, New Garden Town, Lahore.	MBBS, DPM
19.	Dr. Imran Hashmi	0333-4235491 042-111-223-454	Aadil Hospital, D.H.A. Main Blvd, New Super Town, Lahore.	MBBS, MD

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
20.	Dr. Imran Ijaz Haider	0301-4462828 imranihaider@gmail.com	Ijaz Haider's Clinic, 5 Shahrah Awan-e-Sanat o Tijarat, Jubilee Town, Lahore.	MBBS, FCPS, MRCP, DPM, Ph.D.
21.	Dr. Iqra Tariq	042-32591427	Online Clinic, Main Boulevard, Gulberg III, Lahore.	MBBS, DPM
22.	Dr. Iram Siddique	051-8463000	Shifa International Hospital, Near Jaranwala Road, Faisalabad.	MBBS, FCPS
23.	Dr. Ismail Tariq	0333-4282869 042-111 770 000 042-35881949 <a href="mailto:ismailtariq@gmail.com">ismailtariq@gmail.com</a>	Ittefaq Hospital, Model Town, Near H Block Bahar Colony, Lahore.	MBBS, FCPS (Psychiatrist), MCPS (Psychiatrist), DPM (Psychological Medicine)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
24.	Dr. Junaid Rasool	0342-5311515 0321-4280225 junaid_sheikh80@yahoo.com	City Clinics – Medical and Dental Consultations, Shaukat Khanum Chowk, 14 GCP Society, , Block R 1, Phase 2, Johar Town, Lahore. Mian Medical Care Centre, Jail Road Lahore. Syed Medical Complex Jinnah Park Colony, Sialkot.	MBBS (Allama Iqbal Medical College Lahore 2005), FCPS (College of Physicians and Surgeons 2012) Consultant Psychiatrist Al Aleem Medical College Consultant Psychiatrist, Gulab Devi Teaching Hospital Lahore
25.	Dr. Khalid Mehmood Mughal	0321-4271415	Raheela Lab Hospital, jaild road, Lahore.	MBBS, Post Graduate Diploma in Psychological Medicine

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
26.	Dr. Maqbool Ahmad Khan	042-36652116 0300-6032030	Cavalry Hospital, 44-45 Cavalry Ground Lahore Cantt, Lahore.	MBBS, Diploma in Psychiatry
27.	Dr. Muhammad Arshad	041-2694030 0300-9696609	Muhammad Arshad Hospital, Samundari, Faisalabad. Independent University, Hospital, 177-P Jinnah Colony, Faisalabad. Al Noor Hospital, Kotwali Road, Dhobi Ghat, Faisalabad.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
28.	Dr. Muhammad Mujtaba	042-111 000 043 042-35862623- Ext- 386 0321-6858222	Hameed Latif Hospital, 14, New Abu Bakar Block Garden Town, Lahore.	
29.	Dr. Muhammad Riaz Bhatti	042-36661616	Cavalry Ground Clinic, Cantt, Lahore.	MBBS, FCPS
30.	Dr. Nabeel Ibad	0342-5311515	City Clinics – Medical and Dental Consultations, Shaukat Khanum Chowk, 14 GCP Society, Block R 1, Phase 2, Johar Town, Lahore.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
31.	Dr. Naeem Aftab	0331 4976637 naemaftabny@gmail.com	Gurki Hospital, Lahore.	MBBS
32.	Dr. Naeem Mughal	055-3255959 0300-9648858	Cheema Heart Complex and General Hospital, Zia ul Haq Road, Civil Lines, Gujranwala.	MBBS
33.	Dr. Nasreen	042-35170090	Saadan Hospital, 391-E Block, Phase 1, Johar Town, Lahore.	MBBS
34.	Dr. Nighat Iqbal	042-35935341/3	Central Park Teaching Hospital, 31 Km, Ferozpur road, Kahna Nau, Lahore.	MBBS, FCPS



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
35.	Dr. Nisar Hussain	0300-9471631 0324-4700394 042-111-223-454 <a href="mailto:nisar561@hotmail.com">nisar561@hotmail.com</a>	Aadil Hospital, Khayaban e Jinnah, Main Boulevard, Opp. Kashi Restaurant, DHA, Lahore.	MBBS
36.	Dr. Nusrat Habib Rana	042-35786876 0301-8426425 <a href="mailto:rananusrat@hotmail.com">rananusrat@hotmail.com</a>	Jagrati Psyche Retreat, 9 Lower Ground Eden Heights, 6, Jail Road, Lahore.	MD (China), MCPS (Pakistan), Ph.D (Spain), MSc. Affective Neurosciences (Italy), Diploma in Acupuncture
37.	Dr. Osama Habib	042-36824301	Baloch Hospital, 172- Allama Iqbal Road, Mustafabad, Dharampura, Lahore.	MBBS, MRC (Psychiatry)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
38.	Dr. Quratul Ain	042-36824301	Baloch Hospital, 172- Allama Iqbal Road, Mustafabad, Dharpura, Lahore. Pakistan Air Force Hospital, Cantt, Lahore.	MBBS MS (Clinical Psychology)
39.	Dr. Rao Abdul Rehman	042-3210036	Munir Hospital, Fatima Jinnah Road, Satellite Town, Sargodha.	MBBS, MCPS
40.	Dr. Riaz Ahmed	0300-8455358	Riaz Ahmed Clinic, Johar Town, Lahore.	MBBS (King Edwards), Member of WHO, ACCMA (England)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
41.	Dr. Richard Robinson Howell	042-37811267	Al Shafi Hospital, 15 Main Boulevard Allama Iqbal Town, Gulshan Block, Allama Iqbal Town, Lahore.	MBBS
42.	Dr. Roop Kiran	042-32591427	Online Clinic, Main Boulevard, Gulberg III, Lahore.	MBBS
43.	Dr. Saqib Bajwa	0322-3977773	Saqib Bajwa Clinic, 13B, Aibak Block, Usmani Road, Garden Town, Lahore.	MBBS, FCPS (Psychiatry)
44.	Dr. Sarmad Mushtaq	0301-7663204	Azam Medicare, Rahimyar Khan	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
45.	Dr. Shabana Shahid Khan	042-111 296 297	Bahria Town Hospital, Bahria Town, Lahore.	MSc Psychology
46.	Dr. Shafqat Huma	042-35340135	Bahria Town Hospital, Bahria Town, Lahore.	FCPS (Psy)
47.	Dr. Shahid Hameed Waris	042-35167251	Faisal Hospital, 23, Block-A, Faisal Town, Lahore. Services Institute of Medical Services, Ghaus ul Azam Jail Road, Lahore.	MBBS, FCPS (Psychiatry)
48.	Dr. Shakoor Ahmed	042-36673192	Rasheed Hospital, Near Super Town, DHA, Lahore.	MBBS, DMP, RCP

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
49.	Dr. Sheharyar Hanif	042-111 171 819	National Hospital and Medical Centre, 132/3, Block-L, near Sports, Stadium, DHA, Phase 1, Lahore.	MBBS, FCPS, MRCP
50.	Dr. Sheheryar Jovindah	0311-1704181	Mind Professionals-Therapy Center, 109-CCA, Sector DD, Phase IV, DHA, Lahore.	MBBS, CCT CAP (UK), MRCP Psyche (UK), DPM (Ireland), DCP (Ireland), EX Consultant Child and Adolescent Psychiatrist, NHS, Plymouth, UK

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
51.	Dr. Subhan Ansari	041-8719677/78	Faisal Hospital, 673-A, Lower Canal Road, E, Block A, People's Colony No.1, Faisalabad.	MBBS, FCPS
52.	Dr. Sumaira Afzal	042-32591427	Online Clinic, Main Boulevard, Gulberg III, Lahore.	MBBS, FCPS
53.	Dr. Syed Kamran Haider Bukhari	056-500543 0321-4736341 kamranhbukhari@gmail.com	Sultan Hospital By Pass Chowk, Sheikhupura.	MBBS, Diploma in Psychiatry
54.	Dr. Syed SalahudDin Babur	0335-5754123 051-111 644 911 sbabur@gmail.com	Mental Services Hospital Sector E, Islamabad. Mental Health Services Hospital, Bahawalpur.	MBB

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
55.	Dr. Tanveer Khalid	0300-7742033 055-3730268	Amina Memorial Clinic, Mohallah Amir Park Civil Lines, Gujranwala.	CAC, Ph.D
56.	Dr. Tehmina Kausar	042-111 627 663 042-5881961-3	Masood Hospital, 99, Garden Block, Garden Town near Kalma Chowk, Lahore.	MSc Psychology DIP SLT (NIH)

**Psychologists**  
**Khyber Pakhtunkhwa / Gilgit Baltistan**



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Mr. Adnan Muhammad	0300-5993368 <a href="mailto:adnanmuhammad82@gmail.com">adnanmuhammad82@gmail.com</a>	Cadet College Spinkai, District South Waziristan.	MSc Psychology
2.	Ms. Beenish	0313-5607111	Rawalakot University, Azad Jammu and Kashmir.	
3.	Ms. Eshrat	0345-9182338	Psychologist in Public Service Commission (PSC), Peshawar.	MSc Psychology
4.	Mr. Fahim U Din	0333-9441326	University of Swat, Swat.	Lecturer Psychology
5.	Ms. Faiza Bano	0333-1524814 <a href="mailto:faixakhan.999@gmail.com">faixakhan.999@gmail.com</a>	Médecins du Monde (MDM), Pakistan as Psychological Officer. Peshawar	Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
6.	Ms. Farah Khan	0321-9084283	Swabi University, Swabi.	Lecturer in Psychology
7.	Ms. Ghazala Qureshi	0333-0918055 <a href="mailto:ghazalaqureshi6@gmail.com">ghazalaqureshi6@gmail.com</a>	Psychologist with Prof. Zahid Nazar Psychiatry Ward, Lady Reading Hospital (LRH), Peshawar. Hilal Ahmer building Flat no 10 opp. Mission Hospital, Dabgari Garden, Peshawar.	Clinical Psychology
8.	Mr. Hadayat	0333-9306609	High Secondary School Teacher in District Kurram.	Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
9.	Dr. Hayat Muhammad Bangash	0333-9139020 hayat_bangash@hotmail.com	Department of Psychology, University of Peshawar, Peshawar.	Consultant Clinical Psychologist
10.	Mr. Hilal Ahmed	0333-9051475	Hayatabad Medical Complex (HMC), Hayatabad, Peshawar.	MSc Psychology
11.	Mr. Himayat Khalil	0307-7661010 0336-1927028 <a href="mailto:psyicp@gmail.com">psyicp@gmail.com</a> <a href="mailto:zazoi2001@yahoo.com">zazoi2001@yahoo.com</a>	Mohallah Haji Khel, Tehkal Bala, P/o Arbab Road, Peshawar. Psychologist with Pakistan Army in Rehabilitation Program (SEHAR) North Waziristan).	MSc Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
12.	Ms. Huma Mughal	0335-1952676	Hayatabad Medical Complex (HMC), Hayatabad Phase 3, Peshawar.	MSc Clinical Psychology
13.	Dr. Iqra Nawaz	0332-7845588 iqranawaz.in785@gmail.com	Saidabad, P/O Rehana, Tehsil and District Haripur.	PhD Psychology
14.	Dr. Javed Iqbal	0300-9152482	Pakistan Academy for Rural and Development (PARD), Peshawar.	PhD Psychology Senior Instructor
15.	Ms. Jaweria Kulsoom	0310-9737072 <a href="mailto:jaweriakulsoom@gmail.com">jaweriakulsoom@gmail.com</a>	Special Educator and Psychologist in Umeed Special Education School, Peshawar Cantt, Peshawar.	BS Psychology Post Graduate Diploma in Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
16.	Ms. Khizra Hafeez	0332-9001906 <a href="mailto:khizrahafeez12@gmail.com">khizrahafeez12@gmail.com</a>	Clinical Psychologist Under the Directorate General of Health, Khyber Pakhtunkhwa.	Clinical Psychologist and Certified Hypnotherapist
17.	Ms. Khoula Ismail	0344-9589779 <a href="mailto:kismail.aquarius@gmail.com">kismail.aquarius@gmail.com</a>	Assistant Director P&D, BRAINS Institute Peshawar, Phase 3 Chowk, Hayatabad near Marcopolo Restaurant, Peshawar.	Master Trainer
18.	Ms. Mahreen Khan	0333-5437776 <a href="mailto:sabeenkhanw@gmail.com">sabeenkhanw@gmail.com</a>	House#B-22, Street #2, Canal Town, Nasir Bagh road, Peshawar.	Clinical Psychology and Hypnotherapist
19.	Ms. Maria Aftab	0322-9055155 <a href="mailto:mariaaftab446@gmail.com">mariaaftab446@gmail.com</a>	Peshawar.	Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
20.	Mr. Mazhar Ali	0347-5268009 <a href="mailto:mazharali1737@gmail.com">mazharali1737@gmail.com</a>	Dherai Martung Tehsil Martung, Shangla.	BS Psychology
21.	Ms. Mehar Fatima	0332-9972228	Working in Non- Governmental Organization (NGO). Peshawar	Psychology
22.	Mr. Muneeb	0334-9011907	District Headquarter (DHQ) Hospital, Mardan.	Clinical Psychology
23.	Ms. Nadia Shah	0347-9147268	Islamia College Peshawar, Islamia University, Peshawar.	Lecturer in Psychology
24.	Ms. Nargees Ameer	0334-8254121 <a href="mailto:nargisameer9@gmail.com">nargisameer9@gmail.com</a>	Kohat.	MSc Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
25.	Ms. Naveeda Khattak	0336-9204546 <a href="mailto:naveedakhattak15@yahoo.com">naveedakhattak15@yahoo.com</a>	Peshawar.	MS Clinical Psychology
26.	Ms. Nawal	0332-9135027	Shaheed Benazir Bhutto Women University, Peshawar.	Psychology Lecturer in Psychology
27.	Ms. Nazma Nasir	0300-5669929	Department of Psychology, University of Peshawar, Peshawar.	Psychology Lecturer in Psychology
28.	Ms. Noor Fatima	0333-9363582	Malakand University, Malakand.	Clinical Psychology Lecturer in Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
29.	Ms. Palwasha Sabir	0321-5190159 <a href="mailto:fragileawan@gmail.com">fragileawan@gmail.com</a>	Hassan Abdal.	BS Psychology Advanced Diploma in Clinical Psychology
30.	Ms. Rabia Bilal	0333-1594916 <a href="mailto:rabobila@gmail.com">rabobila@gmail.com</a>	Hayatabad, Peshawar. Worked with Adam Smith in KP Police Project as Victim Support Officer.	Post Graduate Diploma in Clinical Psychology
31.	Ms. Rashmina Ali	0342-2223207 <a href="mailto:rashminaali795@gmail.com">rashminaali795@gmail.com</a>	House no. 2 Gul Street Ijazabad road, Gulbahar no. 4, Peshawar.	Post Magisterial Diploma in Clinical Psychology BS Psychology
32.	Mr. Rizwan Ullah	0346-9889928 <a href="mailto:rizwankhan9928@gmail.com">rizwankhan9928@gmail.com</a>	Government Degree College Madain, Swat.	MS Clinical Psychology (Lecturer)



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
33.	Ms. Shaista	0347-9908548 <a href="mailto:shaistasirang44@gmail.com">shaistasirang44@gmail.com</a>	Chitral.	BS Psychology
34.	Mr. Shakir Ullah	0335-5505824	KMU, Institute of Dental Sciences, Kohat.	Clinical Psychology
35.	Mr. Siraj	0342-9090752	Psychologist in Pakistan Army, Inter Services Selection Board, Kohat.	Clinical Psychology
36.	Dr. Summiya Ahmad	0300-5876768	Department of Psychology, University of Peshawar, Peshawar.	PhD Psychologist
37.	Dr. Tahir	0333-5950315	Women Institute of Learning, Abbottabad.	Clinical Psychology

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
38.	Ms. Umme Kulsoom	0348-8988480 <a href="mailto:Ummekulsoom8880@gmail.com">Ummekulsoom8880@gmail.com</a>	Chitral.	BS Psychology
39.	Ms. Wagma Feroz	0344-8940592	Working in Toorsaro Sardar, Peshawar.	Psychology
40.	Ms. Zaafra Munawar	0340-9139815	Working in Non-Governmental Organization (NGO). peshawar	Psychology
41.	Mr. Zahoor	0311-9375000	Abdul Wali Khan University, Mardan.	Psychology
42.	Mr. Ziarat Khan	0333-4557257	Rehabilitation Centre, Peshawar.	Psychology

**Psychiatrists**  
**Khyber Pakhtunkhwa / Gilgit Baltistan**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Aftab Alam	0992-383388	Aftab Alam Clinic, Mandian, Abbottabad.	MBBS, MRC (Psych), MSc (Epilepsy), CCT, MIPM
2.	Dr. Ashfaq	0345-6059695	Upper Swat General Hospital, Mingora N95, Khwaza Khela, Swat.	MBBS
3.	Dr. Aziz-ur-Rahman Yousafzai	0992-384522	Shafiq Medical Centre, Mandian, Manshera road, Abbottabad.	MBBS, MCPS, FACP, FCPS, MRS (Psy)
4.	Dr. Imad Bashir	0323-9550277	Akbar Medical Centre, Civil Quarters, Kohat Road, Peshawar.	MBBS, MSc (Psy)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
5.	Dr. Imran	0333-9127440	Khyber Hospital, Peshawar.	MBBS
6.	Prof. Dr. Irfan	0333-9123625	Peshawar Medical College, Peshawar.	MBBS
7.	Dr. Khalid Gul	0310-1438050 (0938) 224024	Doctors Medical Centre, Banars Colony, Abbottabad.	MBBS

# **Psychologists**

## **Sindh**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Ghulam Abbas	0333-7613787	Psychologist in Pakistan Navy, Karachi.	
2.	Dr. Hina Imran	0333-3905759 <a href="mailto:himran_4@hotmail.com">himran_4@hotmail.com</a>	In-charge Rehabilitation Unit, Institute of Clinical Psychology, University of Karachi.	Clinical Psychology
3.	Ms. Humaira Affan	021-3511161-65	Canada Medical Group Pakistan, 77-C, Ground Floor, 12 <sup>th</sup> Commercial Street, Khayaban e Ittehad, Phase II, DHA, Karachi. Therapy Works, F-4, Clifton, Block 4, near Mohatta Palace Museum, Karachi.	Diploma in Psychotherapy

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
4.	Dr. Madiha Latif	0301-7660204 <a href="mailto:madihanoor2000@yahoo.com">madihanoor2000@yahoo.com</a>	Karachi.	
5.	Ms. Nirmal Niazi	021-35372661	Clifton Central Clinic, Clifton Karachi.	Clinical Psychology
6.	Ms. Sana Fatima	021-36703712 021-3587184-5 <a href="mailto:Sana.f.sheikh@gmail.com">Sana.f.sheikh@gmail.com</a>	Pakistan Institute of living and learning, Zamzama Commercial Area, Phase 5, Karachi.	MS Clinical Psychology
7.	Mr. Shoaib	0333-9191123	Psychologist in Pakistan Army. Karachi	



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
8.	Mr. Shoaib Ahmad	021-35376071-74	Medi-link Consultant Clinics, Suite # 103, 1 <sup>st</sup> Floor, The Plaza Shopping Mall, opp, Do Talwar, Main Clifton Road, Karachi.	

# **Psychiatrists**

## **Sindh**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Abdullah Shaikh	021-111 142 273 021-35866042-43	Hashmanis Hospital (Saddar) JM-75, Off.MA Jinnah Road, Karachi.	MBBS, DCAP, MSc
2.	Dr. Ahmer Mairaj	021-34538560 0345-3235725	Hill Park General Hospital, Park, Block 3, Shaheed e Millat Road, Near Hill, Karachi Memon Society Nazimabad, Karachi. Ameen Medical and Dental Centre Karachi	MBBS (Liaquat National Hospital and Medical College 2013), MCPS (Psychiatry) College of Physician and Surgeons Pakistan, Consultant Psychiatry Ameen Medical and Dental Centre

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
3.	Dr. Ajmal Mughal	021-35246225	Bayview Hospital and Mother Care Centre, 205 A-II, Saba Avenue, Phase VIII, DHA, Karachi.	MBBS, MCPS
4.	Dr. Akhtar Farid Siddiqui	021-111 760 760 021-36708092-3 021-36616837	Karachi Psychiatric Hospital, Block B North Nazimabad Town, Karachi	MBBS
5.	Dr. Aneel Kumar Keswani	021-34931886-9	Medicare Clinic Cardiac and General Hospital, Karachi.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
6.	Dr. Anil Kumar Wadhvani	021-111 012 014 021-36804777	Fatimiyah Hospital, 272/2 Britto Road, Solider Bazar, Garden East, Karachi. Mamji Hospital, - 19, Block-17, F.B Area near Water Pump Chowrangi, Gulberg Town, Karachi.	MBBS, FCPS (College of Physicians and Surgeons Pakistan (CPSP, 2016)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
7.	Dr. Anita Aijaz	021-34691147/154	Memon Medical Institute and Hospital, Haider Bakhsh Gabol Road, Safoora Chowrangi, KDA Scheme 3, Karachi. Mental Health Clinic, Room #19,21 and 22, Ground Floor, Rehman Plaza, Coast Guard, Saddar, Karachi.	MBBS, FCPS, MCPS
8.	Dr. Anwar Halepota	021-35374362	Park Lane Hospital, 56, Old Clifton, Shahrah e Iran, Opp. British High Commission, Block-5, Clifton, Karachi.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
9.	Dr. Ayesha Muquim Quraishy	021-32258075	OMI Hospital, 89/1 Depot Lines, M.A. Jinnah Road, Saddar, Karachi.	MBBS, MD
10.	Dr. Ayesha Sarwat	021-34538560	Hill Park General Hospital, Park, Block 3, Shaheed e Millat Road, Near Hill, Karachi Memon Society Nazimabad, Karachi.	MBBS FCPS (Psychiatry)
11.	Dr. Chunni Lal	021-32214418	Burhani Hospital, Light House, Karachi.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
12.	Dr. Fawad Suleman	021-34315195-7, 4556330 021-32782771/68-69	Taj Medical Complex, M.A Jinnah Road, Opp. Capri Cinema, Central Jacob Lines, Karachi.	MBBS, FCPS
13.	Dr. Ghulam Rasool Rind	021-35314137	Neuro Clinic and Falij Care, Kala Pul, Karachi. Qamar ul Islam Hospital, DHA, Karachi.	MBBS, FCPS
14.	Dr. Hafeez Mushtaq	021-35862938	Ziauddin Hospital, 4-B, Shahrah e Ghalib, Block 6, Clifton, Karachi.	MBBS, DCPS (HCSM), MCPS (Psych), MD (Psych)



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
15.	Dr. Haider Ali Naqvi	021-35862938	Ziauddin Hospital, 4-B, Shahrah e Ghalib, Block 6, Clifton, Karachi.	MBBS, FCPS (Phys.)
16.	Dr, M. Iqbal Afridi	021-111 222 662	National Medical Centre A-5/A, National Highway, Near Kala Pul, Phase 1, DHA, Karachi.	MBBS
17.	Dr. M. Waseem	021-35372661	Central Hospital, F-175-1, Block-5, Clifton, Karachi.	MBBS (Dow Medical College, 1995), MSc Psyc (UK) Cardiff University, 2010
18.	Dr. S Baqar Raza	021-34980944	Rab Medical Centre, Gulshan e Iqbal, Karachi.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
19.	Dr. Saba Ismail	021-35393209 0344-2783512 <a href="mailto:sabaismail70@gmail.com">sabaismail70@gmail.com</a>	Sir Syed Hospital, Qayyumabad road, A-Area Qayyumabad, Karachi. Bayview Hospital, A-II, Saba Avenue, Phase VIII, DHA, Karachi.	MBBS, MCPS (Psychiatry)
20.	Dr. Sarmad Mushtaq	0301-7663204	Azam Medicare, Rahimyar Khan	MBBS, FCPS
21.	Dr. Shafiq	021-34965050 03307997999	Modern Hospital, Karachi.	MBBS
22.	Dr. Shakil Ahmad Siddiqui	021-111 222 662	National Medical Centre, A-5/A, National Highway, Near Kala Pul, Phase 1, DHA, Karachi.	MBBS, MD, DABPN (USA)

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
23.	Dr. Sohail Ahmad	0333-6520500 021-35862938	Ziauddin Hospital, 4-B, Shahrah e Ghalib, Block 6, Clifton, Karachi.	MBBS, FCPS (Psychiatry) MCPS (Psychiatry)
24.	Dr. Syed Ali Waif	021-36648237-239 Ex 021-35862938	Ziauddin Hospital, 4-B, Shahrah e Ghalib, Block 6, Clifton, Karachi.	MBBS, MCPS
25.	Dr. Syed Sikandar Alam	021-35344201 021-32258075	DHA Medical Centre, P-38/A, Street 1, Khayban e Rahat, Phase 6, Karachi. OMI Hospital, 89/1 Depot Lines, M.A. Jinnah Road, Saddar, Karachi.	MBBS (Dow University), PLAB, FRANZCP

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
	Dr. Waseem Akram Alvi	021-35372661	Clifton Central Clinic, Karachi.	MBBS
26.	Dr. Washdev Amar	021-32782771	Taj Medical Complex, M.A Jinnah Road, Opp. Capri Cinema, Central Jacob Lines, Karachi.	MBBS, FCPS
27.	Dr. Yusra Hanif Khan	021-33100010	Agha Khan Clifton, Medical Services Hospital, Near Indus Valley School of Art & Architecture, Shahra e Saadi, St. 11, Block 2, Scheme 5, Clifton, Karachi.	MBBS, FCPS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
28.	Dr. Zafar Haider	0332-2525335	Saifee Hospital, Street 1, Block-F, North Nazimabad, Karachi. Asfaar Memorial Hospital C-11, W2 Gulshan e Maymar, Karachi.	MBBS
29.	Dr. Zoobia Zaman	021-99261455-60 0332-3136427 0346-3855414	A.Q Khan Centre (IBS), 129, Suparco road, Off University Road, Karachi.	MBBS, FCPS

# **Psychologists**

## **Baluchistan**

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Ms. Saima Malik	0323-9994973 <a href="mailto:saimagull.malik@gmail.com">saimagull.malik@gmail.com</a>	Quetta.	Clinical Psychology

# **Psychiatrists**

## **Baluchistan**



S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
1.	Dr. Abdul Nasir	081-9213092 0313-8772435	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta. Rehan Hospital, Quetta.	MBBS
2.	Dr. Banafshan	081-9213092	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
3.	Prof. Dr. Ghulam Rasool	081-9213092 0301-3775331 <a href="mailto:bipbs.gob@gamail.com">bipbs.gob@gamail.com</a>	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medial Complex Hospital, Berwery Road, Quetta. Akram Hospital, Zarghoon Road, Quetta.	MBBS, Psychiatry
4.	Dr. Hafiz Sultan Barech	0308-3715598	Da Rul Shifa Hospital, Quetta. Doctor Sher Muhammad Road, Quetta.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
5.	Dr. Hazrat Ali Khan	081-9213092 0308-8936393	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Brewery road, Quetta.	MBBS
6.	Dr. Ihsan Ullah Kasi	081-9202970	Combined Military Hospital (CMH), Quetta.	MBBS
7.	Dr. Mansoor Mustafa	0324-5995155 081-9202970	Combined Military Hospital (CMH), Quetta.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
8.	Dr. Muhammad Abbas Khan	081-2447183 081-9213092	Sandman Provisional Hospital, Quetta. Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road Quetta. Al Gillani Hospital, Satellite Town, Quetta.	MBBS
9.	Dr. Muhammad Ilyas	081-2840691 081-2822424	National Hospital, Prince Road, Quetta. Yaseen Hospital, Patel Road, Quetta.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
10.	Dr. Muhammad Umar Marri	081-9213092	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta. Al Gillani Hospital, Satellite Town, Quetta.	MBBS
11.	Dr. Mujeeb Ullah Khan Doutani	081-2825896 081-2827679	Saleem Medical, Complex, Airport Road, Arbab Town, Killi Shaboo, Quetta.	

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
12.	Dr. Ramesh Chand	081-9213092	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta. Hearts & General Hospital, Pishin Road, Quetta.	Registrar BIPBS, Quetta.
13.	Dr. Syed Inam Shabbir	081-2447183 081-2300923	Al-Gillani Hospital, Satellite Town, Quetta. Frontier Corps Hospital, Askari Park Road, Quetta.	MBBS

S. No	Mental Health Professionals	Contact Details	Hospital / City Address	Education
14.	Dr. Zahoor Ahmed	0333-7950840 081-9213092081-2838874	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta Saleem Medical Complex, Jinnah Road opp. Shell Pump, Quetta City, Quetta. Rahat Medical Centre, Quetta.	MBBS
15.	Dr. Zain Ullah Khan Kakar	081-9213092	Balochistan Institute of Psychiatry and Behavioral Sciences, Bolan Medical Complex Hospital, Berwery Road, Quetta. Akram Hospital, Zarghoon Road, Quetta.	MBBS

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