



COO'S MESSAGE



I am honored to join Caravan of Life Pakistan Trust (CoLPT) as Chief Operating Officer and to serve as a torch bearer for The Recovery House and Bawaqar Zindagi initiatives.

These programs reflect CoLPT's commitment to raising awareness, reducing stigma, and advancing evidence-based, recovery-focused psychiatric rehabilitation. Through structured care, dignity-centered support, and community reintegration, we strive to help individuals with severe mental health conditions achieve meaningful recovery.

I look forward to strengthening systems, expanding impact, and ensuring that recovery, hope, and dignity remain at the core of all our efforts.

Uroosa Talib

Chief Operating Officer

Caravan of Life Pakistan Trust (CoLPT)

ABOUT CARAVAN OF LIFE PAKISTAN TRUST

Caravan of Life Pakistan Trust (CoLPT) is a non-profit organization dedicated to advancing mental health rehabilitation in Pakistan. Founded on principles of hope, healing, and dignity, CoLPT delivers integrated psychiatric and psychosocial services that empower individuals to recover, reintegrate, and thrive. Through its flagship projects The Recovery House, Bawaqar Zindagi, and the Anti-Stigma Campaign the Trust has impacted thousands of lives, enabling individuals and families to rebuild their futures with strength and confidence.

VISION

To cultivate a society where mental health is prioritized, stigma is eradicated, and recovery is possible for all.

MISSION

To empower individuals with mental illness through holistic psychiatric and psychosocial rehabilitation, fostering independence, awareness, and community integration.

OUR STORY

CoLPT was founded by siblings Shaheen Sultan Ahmed and Khushro Karamat Elley, whose personal experiences inspired a lifelong commitment to improving mental health care. What began as a compassionate initiative has evolved into a nationally recognized organization, pioneering whole-person psychiatric rehabilitation in Pakistan. Their vision continues to shape every program, transforming communities and restoring the fundamental right to mental well-being.

OUR PROJECTS



1) Anti-Stigma Campaign



2) COL USA



3) Bawaqar Zindagi



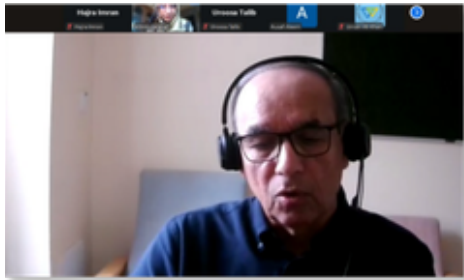
4) The Recovery House

ABOUT THE RECOVERY HOUSE:

The Recovery House (TRH) is a non-profit project of Caravan of Life Pakistan Trust, established in 2009 in Karachi. At The Recovery House, recovery is not just about symptom management it is about restoring independence, purpose, and quality of life through structured psychiatric rehabilitation.

We follow globally recognized rehabilitation models and are the only provider in Pakistan authorized to deliver U.S.-based psychiatric rehabilitation training. Our work is guided by internationally validated recovery frameworks and continuously aligned with global best practices through ongoing professional training and supervision

HIGHLIGHTS OF 2025



1) Webinar on Suicide Prevention Day

In September, TRH hosted a webinar on World Suicide Prevention Day, bringing together mental health professionals, advocates, and community members. The session focused on raising awareness about suicide prevention, highlighting challenges faced by caregivers and supporters, and sharing practical insights to support mental well-being.



2) World Mental Health Day Conference

This October, The Recovery House marked World Mental Health Day 2025 with a meaningful seminar centred on the theme "Expanding Access to Mental Health care in crisis and Beyond". The event brought together professionals, caregivers, peer facilitators, and community members to share insights, stories of resilience, and strategies for accessible mental health care during times of crisis.



3) Defence Day celebrations

On Defence Day, The Recovery House team came together to honor the courage, resilience, and unity that define our nation. The day was marked with thoughtful reflections and activities that celebrated strength and perseverance values that resonate deeply with our mission of supporting mental health and recovery. It was a meaningful reminder of the importance of community, hope, and resilience in every aspect of life.

EXPANDING CARE: NEW INITIATIVES AT TRH

Strengthening Our Healing Environment

Over the past six months, The Recovery House (TRH) has undergone comprehensive refurbishment to ensure a safe, comfortable, and well-maintained environment for recovery. All residential and shared spaces have been fully maintained and upgraded to support daily therapeutic activities and overall wellbeing. In addition, a new Consultant OPD has been introduced, enhancing access to specialist psychiatric consultations and improving continuity of care for clients and families.

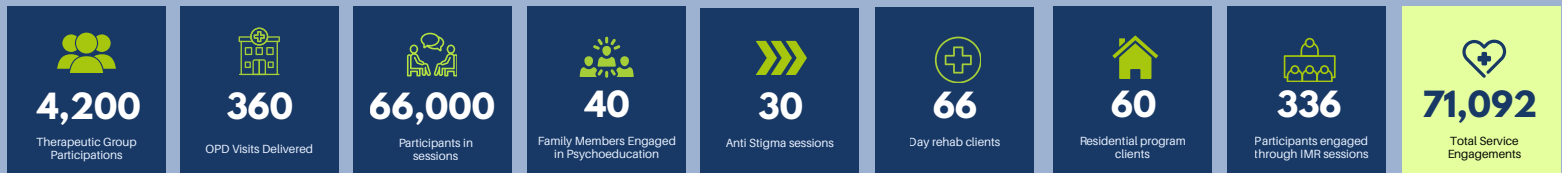


Expanding Family-Centered Support

TRH has also strengthened its commitment to family involvement in recovery through the "Family Psychoeducation initiative". During this period, 55 participants engaged across four structured group sessions, focusing on mental health awareness, caregiving skills, and recovery support. This initiative reflects TRH's continued focus on empowering families as active partners in the recovery journey and addressing an essential component of long-term mental health outcomes.



QUARTERLY IMPACT OVERVIEW



SUPPORT OUR MISSION

Zakat Account

IBAN: PK35 AIN 0000 10245397 8014
Bank: Al Baraka Bank – Tipu Sultan Branch
Title: Caravan of Life Pakistan Trust

General Donation Account

IBAN: PK44 AIN 0000 10245397 9016
Bank: Al Baraka Bank – Tipu Sultan Branch
Title: Caravan of Life Pakistan Trust

CONTACT INFORMATION

-  156 Bangalore Town, Tipu Sultan Road, Karachi
-  021-34546364/5/6
-  0302-8260371

-  <https://therecoveryhouse.org/>
-  info@caravanoflifetrust.org

ABOUT ANTI-STIGMA CAMPAIGN

Over the past year, The Recovery House (TRH) has actively addressed mental health stigma through focused anti-stigma campaigns engaging two of the most important stakeholders in recovery: clients and their families. Through 30 structured awareness sessions, these initiatives aimed to build understanding around mental illnesses, challenge harmful misconceptions, and reduce the negative impact of stigma on help-seeking and recovery. By fostering open dialogue and promoting accurate information, the campaign reinforced recovery-oriented attitudes and supported positive outcomes for clients, strengthening both individual and family-based support systems.



ABOUT BAWAQAR ZINDAGI

Bawaqar Zindagi is the community outreach program of Caravan of Life Pakistan Trust, providing free mental health services, with a particular focus on the disenfranchised community of Shah Faisal Town.

HIGHLIGHTS OF 2025



1) Two-Day Free Mental Health Camp

BWZ has expanded its community outreach by launching weekly free mental health camps in collaboration with *New Horizons Care Center*, a drug rehabilitation facility. Held every Friday, these camps offer free psychiatric consultations and free medication, ensuring accessible mental health support for those who need it most.



2) Wellness Without Barriers: Access to Mental Health Services

The most significant milestone of this period was the celebration of World Mental Health Day on Saturday, 11 October 2025, under the global theme **"Wellness Without Barriers: Access to Mental Health Services."**

This large-scale awareness event brought together more than 200 participants, including current clients, recovered clients, caregivers, and members of the Shah Faisal community.



3) BWZ Showcased on an International Stage

In a defining moment for BWZ, **Director Mishal Ashraf** represented the organisation at the International Seminar of Psychiatry held at the *Marriott Hotel* on *October 11, 2025*. What began as grassroots efforts in the streets of Shah Faisal Town was proudly presented on a global platform, reflecting BWZ's growing influence in mental health awareness and community empowerment.

EXPANDING CARE: NEW INITIATIVES AT BWZ

Weekly Free Mental Health Camps

Furthermore, during this six-month period, BWZ broadened its impact by organizing a two-day free mental health camp at the Sindh Government Hospital in Shah Faisal. This initiative aimed to make quality mental health care accessible to underserved populations who rely heavily on public-sector facilities. Over the course of the camp, community members received free psychiatric consultations, mental health assessments, and essential medication, helping bridge the gap for individuals who often face financial or logistical barriers to treatment.

Beyond direct service delivery, the camp also strengthened BWZ's collaboration with government health institutions. Working alongside hospital administration and staff allowed BWZ to enhance coordination, understand local healthcare needs more deeply, and pave the way for future joint initiatives. This effort reflects BWZ's commitment to integrating mental health support within public healthcare.



QUARTERLY IMPACT OVERVIEW



539

Psych Rehab Groups



188

Community Outreach sessions



2,215

Psychiatric Consultation



284

Psychotherapeutic sessions



2,350

Total Community Outreach Participants



2,405

Tele Psychiatric services



188

Psychiatric Camp consultation



8,169

Total Services Delivered

SUPPORT OUR MISSION

Zakat Account

IBAN: PK82 AIIN 0000120513678019

Bank: Al Baraka Bank – Tipu Sultan Branch

Title: Caravan of Life Pakistan Trust,
Community Outreach program

General Donation Account

IBAN: PK82 AIIN 0000120513683010

Bank: Al Baraka Bank – Tipu Sultan Branch

Title: Caravan of Life Pakistan Trust
Community Outreach program

CONTACT INFORMATION

-  Rana Liaquat Craftsmen Colony, Main Bazar, Shah Faisal Colony, Block: 1
-  0301-0032220 / 0301-0032221
-  <https://bawaqarzindagi.wordpress.com/>
-  info@caravanoflifetrust.org