

ADMISSIONS
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باوقار زندگی

روشن ذہن، روشن مستقبل

Mid Year Report

July - December 2025

www.bawaqarzindagi.wordpress.com

ABOUT BWZ

Bawaqar Zindagi stands as a beacon of hope within the community to bridge the gap in mental healthcare accessibility. Rooted in a holistic approach, the program offers an array of free mental health services, including psychiatric consultations, treatment, counseling, and psych-rehabilitation, adapted from the evidence-based program by the Psychiatric Rehabilitation Association (PRA).

Beyond treatment, Bawaqar Zindagi raises awareness, confronting stigma surrounding mental health. It endeavors to educate and empower the community, fostering an understanding for mental health. Nestled in the Ra'ana Liaquat Craftsmen Colony, Bawaqar Zindagi directs its focus towards the underprivileged communities of Shah Faisal and its neighbouring areas.



OUR FOCUS THIS YEAR



From January to June 2025, focused efforts are made to strengthen mental health awareness, improve access to support services, and challenge stigma within the community. Activities during this period are centered on empowering individuals living with mental illness through psychoeducation, awareness sessions, and inclusive community engagement. This year, a key focus is the expansion of services to underserved areas within Shah Faisal Colony, aiming to reach more individuals in need of mental health support.

This mid-year report outlines the key initiatives, achievements, and lessons from the first half of the year. It reflects the ongoing commitment to creating a more informed, accepting, and supportive environment for mental well-being. The continued collaboration and support from partners and stakeholders have been instrumental in driving this mission forward.

Mishal Ashraf

OUR MISSION

Our mission is to empower individuals to become functioning members of the community through four major areas of **living, learning, working, and socialization.**



OUR VISION

We envision the community to be aware about mental health and recognize, respond to, and encourage seeking professional help for mental health problems.

OUR SERVICES

Clients experience four basic points of contact in their journey with Bawaqar Zindagi

Psychiatric Consultation & Medication

Psychiatrists provide initial assessments, diagnoses, and prescriptions. Clients and caregivers receive psychoeducation and readiness evaluation for rehabilitation and therapy.

Psychosocial Rehabilitation

Group-based sessions promote recovery, skill-building, and social connection, helping clients enhance daily functioning and long-term well-being.

Community Outreach & Awareness

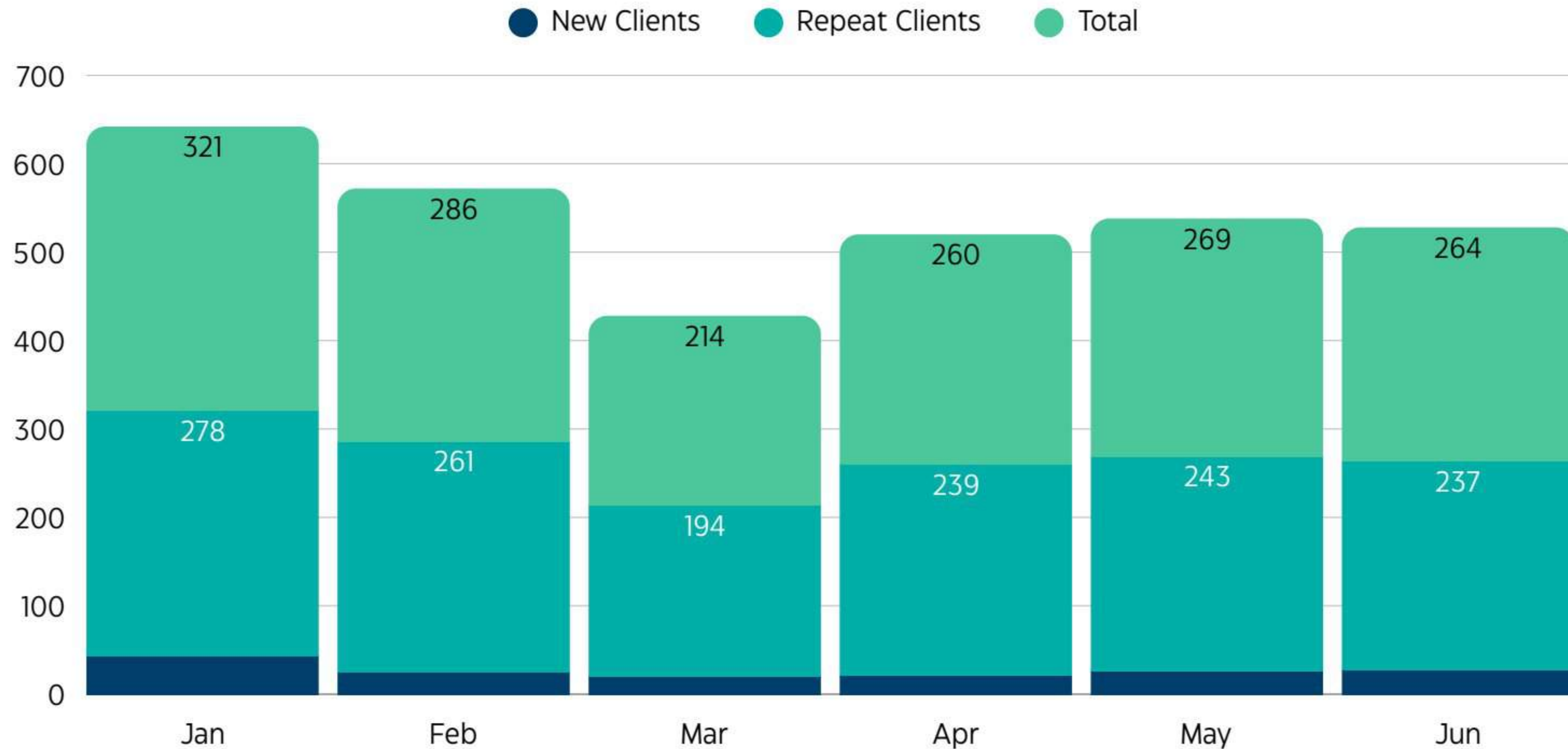
Mental health camps and awareness drives extend services into the community, reduce stigma, and increase access to care.

Tele Mental Health Services

Remote psychiatric and counseling support ensures ongoing care and accessibility for clients beyond the center.

PSYCHIATRIC CONSULTATION (JULY-DECEMBER 2025)

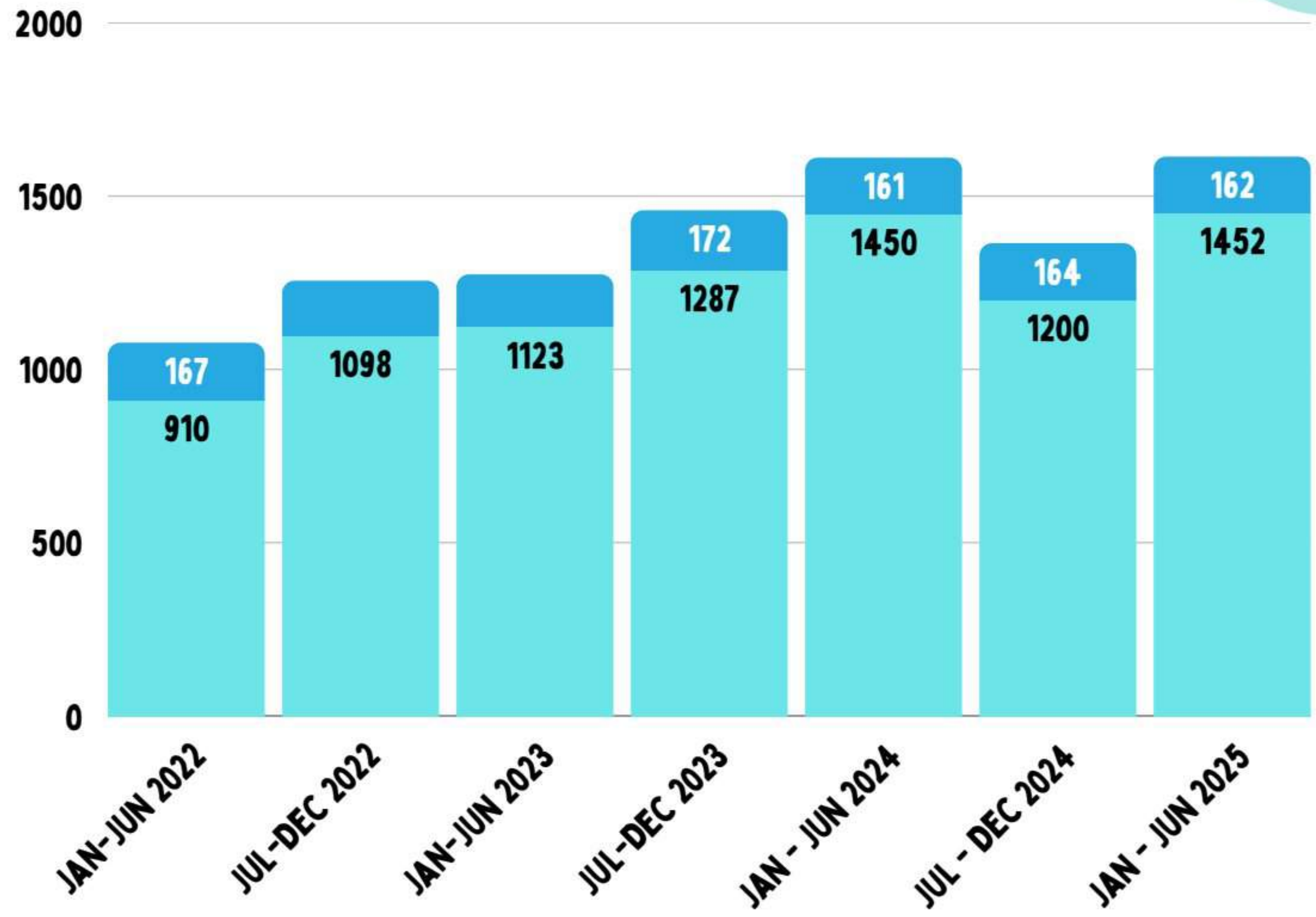




As we reflect upon the following year, 2025, our figures stand as a testament to the stability and consistency of our services. Our maintaining clients from the past year also show a gradual increase going from 1287 to 2650 clients on followup visits.

● REPEAT CLIENTS ● NEW CLIENTS

In 2025, our registrations mirrored the numbers from the previous year. However, as we look at our growth and the community's needs, we see an opportunity to do more. By increasing our medication supply, we are confident that we can expand our reach and make an even bigger difference.



Our Efforts In The Field

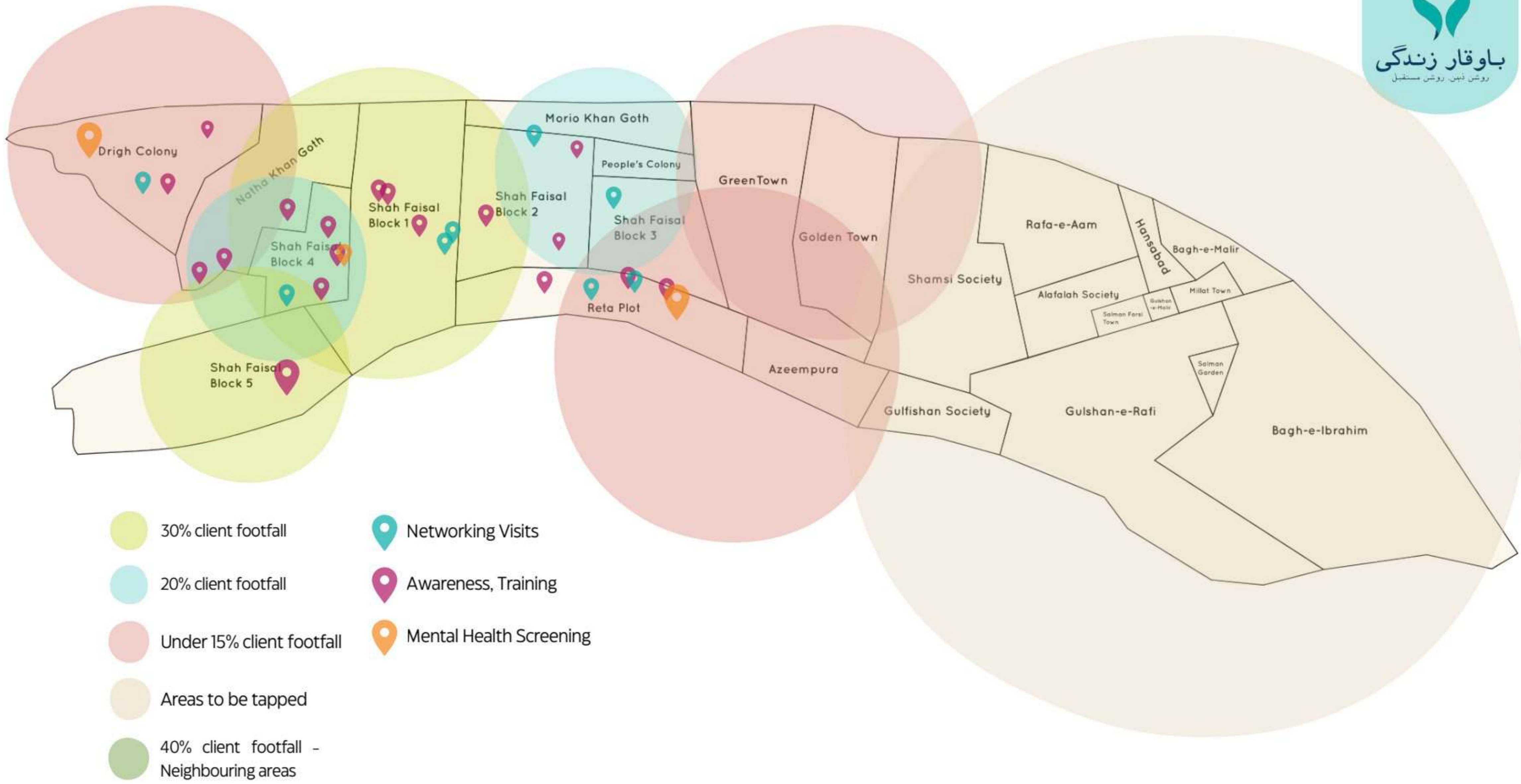
Understanding the community's needs, we recognized the importance of having a visible presence on the ground. To bridge this gap, we have a dedicated field outreach team—tasked with **raising mental health awareness across nearby neighborhoods**. This initiative not only brought vital information directly to the people but also laid the groundwork for expanding our services and improving access in more distant and underserved areas.



**MADE
AWAR
E**

INDIVIDUALS
IN THE COMMUNITY

A key focus of our outreach has been empowering **women** to understand mental health—both for themselves and those around them. This year, we've expanded our efforts to actively engage **men as well**, promoting a more holistic and inclusive approach to community well-being.



INDIVIDUAL PSYCHOTHERAPY (JULY-DECEMBER 2025)



COMMUNITY OUTREACH - SESSIONS (JAN-JUNE 2025)



COMMUNITY OUTREACH - PARTICIPANTS (JAN-JUNE 2025)



**Every rupee contributed brought us
closer to recovery.
With PKR 1,004,404,
we supported nearly 1,614 visits
with life-changing mental health
medications.**



WAY FORWARD

OUR GOALS FOR THE NEXT 6 MONTHS CONTINUE TO ENHANCE OUR EFFORTS—

- Shift focus to **Group-Based Psych-Rehabilitation**.
- **Empower Clients** through **Skill-Building** and **Real-Life Learning** opportunities.
- Collaborate with **Vocational Centers** to open new paths for **Employment** and **Self-Reliance**.
- Spark visibility through bold **Community Campaigns** and **Awareness Drives**.
- Take mental health to the streets — **Neighborhood Camps** and **Open Community Sessions** for wider reach.
- Expand access by opening **Satellite Clinics** across Shah Faisal Colony.

WAY FORWARD

OUR GOALS FOR THE NEXT 6 MONTHS CONTINUE TO ENHANCE OUR EFFORTS –

- **Celebrate Mental Health** with impact! Events like World Mental Health Day to inspire hope and conversation
- Launch **Research-Driven Initiatives** for deeper **Community Understanding** and **Tailored Interventions**
- **Breaking the Silence** — prioritizing **Men's Mental Health** through active outreach
- Build strength through **Strategic Partnerships** with **schools, NGOs,** and **local organizations**
- **Invest in the future** — train, mentor, and empower **Interns** and **Volunteers**
- Create a ripple effect of healing with **Peer-Support Groups** and **Shared Recovery** journeys.