



www.pmdc.pk

PAKISTAN  
**MEDICAL & DENTAL COUNCIL**  
G-10/4, MAUVE AREA  
ISLAMABAD  
Tel: (92 51) 9190000

No. PF-5-ADR-PM&DC/2026/1132

Dated 29th April 2026

Principals / Deans  
Medical / Dental Colleges (All)

Subject: **IMPLEMENTATION OF MENTAL HEALTH SCREENING COUNSELLING SERVICES:**

Dear Sir / Madam,

It is hereby emphasized that the promotion and protection of mental health among students and faculty is of critical significance within medical and dental institutions. The academic environment, while intellectually rigorous, can also be psychologically demanding, making it essential to proactively identify and address mental health concerns.

In light of this, all medical and dental colleges are directed to ensure the implementation of structured mental health screening protocols. Screening should be conducted at two key stages:

1. At the time of student admissions, to identify any pre-existing concerns and provide early support.
2. On an annual basis for undergraduate and postgraduate students as well as faculty, psychological well-being throughout their academic and professional journey.

Institutions are advised to utilize standardized and validated assessment tools, such as:

- General Health Questionnaire (GHQ)
- Patient Health Questionnaire (PHQ-9)
- Hospital Anxiety and Depression Scale (HADS)
- Beck Suicide Inventory

Any individuals identified through these screenings as requiring further evaluation or support must be promptly referred to the Psychiatry Department for appropriate assessment, management, and follow-up.

Furthermore, in accordance with PM&DC standards, it is mandatory for all institutions to establish and maintain a fully functional Psychiatry Department along-with Counseling Section. This unit is to be adequately staffed and equipped to provide confidential psychological support, guidance, and intervention services.

The prevention and treatment of psychological harm of students and faculty rests with the institutions. Growing public and legislative concern over increasing rates of mental illness and student suicides underscores the urgency of this issue. Implementing systematic mental health screening alongside accessible counseling services will not only improve academic outcomes and professional development but also significantly enhance the overall well-being of future healthcare professionals.

All institutions are hereby directed to ensure strict compliance with these requirements and to take prompt, effective measures for their implementation. This matter should be treated as urgent and executed without delay.

Best regards,

Registrar  
PM&DC

Copy to:

- Affiliated Universities (All)
- Head of Inspection Department PM&DC, Islamabad
- P.S. to Secretary Health M/o NHR&C, Islamabad
- P.S. to President PM&DC, Islamabad