

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2206
TO BE ANSWERED ON 08TH AUGUST, 2023**

STATUS OF MENTAL HEALTH IN THE COUNTRY

2206. SMT. PRIYANKA CHATURVEDI:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether Government is aware of the insufficiency of mental health professionals to treat people as there are only 0.75 psychiatrists for every 1,00,000 patients in the country;
- (b) the number of women who sought help through Tele Mental Health Assistance and Networking Across States (Tele-MANAS);
- (c) whether Government is aware of the huge mental health burden in the country, if so, the details thereof, State-wise; and
- (d) the steps taken by Government to reduce the mental health burden and increase mental health literacy in the country?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(PROF. SATYA PAL SINGH BAGHEL)**

- (a) As per the National Mental Health Survey (NMHS) 2016, conducted by the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru in 12 States of the country, the availability of Psychiatrists in the NMHS states varied from 0.05 per lakh population in Madhya Pradesh to 1.2 per lakh population in Kerala.
- (b) The data pertaining to the gender of the caller is not available for all callers. Although the total calls received in tele Mental Health Assistance and networking Across States (Tele-MANAS) till 18.07.2023 is 1,94,000 out of which around 40% of them are made by women.
- (c) The Government conducted the National Mental Health Survey (NMHS) of India through the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in 2016 as per which the prevalence of mental disorders in adults over the age of 18 years is about 10.6%. As per the National Mental Health Survey (NMHS) 2016, the prevalence of common mental disorders in the 12 surveyed States is as under:

S.No.	Name of the State	Prevalence of common mental disorders
1.	Assam	5.3 %
2.	Chhattisgarh	11.2 %

3.	Gujarat	7.1 %
4.	Jharkhand	10.8 %
5.	Kerala	11 %
6.	Madhya Pradesh	13.5 %
7.	Manipur	13.3 %
8.	Punjab	13 %
9.	Rajasthan	10.1 %
10.	Tamil Nadu	11.3 %
11.	Uttar Pradesh	5.9 %
12.	West Bengal	11.3 %

- (d) The Government is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 738 districts for which support is provided to States/UTs through the National Health Mission. Facilities made under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC) levels, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc. In addition to above services there is a provision of 10 bedded in-patient facility at the District level.

Under the tertiary care component of NMHP, 25 Centres of Excellence have been sanctioned to increase the intake of students in PG departments in mental health specialities as well as to provide tertiary level treatment facilities. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialties. Mental Health Services are also provisioned for 22 AIIMS. These services are also available under PMJAY.

In addition to the above, Mental health services have been added in the package of services under Comprehensive Primary Health Care under Ayushman Bharat – HWC Scheme. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Health and Wellness Centres (HWC) have been released under the ambit of Ayushman Bharat.

To generate awareness among masses about mental illnesses Information, Education and Communication (IEC) activities are an integral part of the NMHP. At the District level, sufficient funds are provided to each District under the DMHP under the Non-communicable Diseases flexi-pool of National Health Mission for IEC and awareness generation activities in the community, schools, workplaces, with community involvement. Under the DMHP various IEC activities such as awareness messages in local newspapers and radio, street plays, wall paintings etc. are undertaken by the States/UTs.

Besides the above, the Government has launched a “National Tele Mental Health Programme” (NTMHP) on 10th October, 2022, to improve access to quality mental health counselling and care services in the country. As on 18.07.2023, 31 States/ UTs have set up 42 Tele MANAS Cells and have started tele mental health services. More than 1,94,000 calls have been handled on the helpline number.