

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 586
TO BE ANSWERED ON 25TH JULY, 2023**

NATIONAL MENTAL HEALTH PROGRAMME

586. SHRI DHANANJAY BHIMRAO MAHADIK:

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

- (a) the details of the work done, proposed by Government in rural areas (especially for women) under National Mental Health Programme (NMHP), if so, the details thereof, State/UT-wise and the time period by when the programme is likely to be implemented;
- (b) whether Government has plans to expand the scope and implementation of the programme, if so, the details thereof and if not, the reasons therefor;
- (c) whether Government has any plans to provide free counselling services, if so, the details thereof; and
- (d) whether Government has taken any steps to alleviate the impact of COVID-19 on mental health, if so the details thereof?

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

- (a) to (c) For providing affordable and accessible mental healthcare facilities in the country, including the poor and underprivileged, 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 available 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.

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.

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10th October, 2022, to further 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 mental health services. More than 1,94,000 calls have been handled on the helpline number.

- (d) Realizing the impact that COVID-19 may have on the mental health of the people, the Government has taken a number of initiatives, including -
- (i) Setting up of a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, adult, elderly, women and healthcare workers.
 - (ii) Issuance of guidelines/ advisories on management of mental health issues, catering to different segments of the society.
 - (iii) Advocacy through various media platforms in the form of creative and audio-visual materials on managing stress and anxiety, and promoting an environment of support and care for all.
 - (iv) Issuance and dissemination of detailed guidelines by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru- "Mental Health in the times of COVID-19 Pandemic - Guidance for General Medical and Specialized Mental Health Care Settings".
 - (v) All the guidelines, advisories and advocacy material can be accessed on Ministry of Health and Family Welfare website under “Behavioural Health – Psychosocial helpline” (<https://www.mohfw.gov.in/>).
 - (vi) Online capacity building of health workers by NIMHANS in providing psychosocial support and training through (iGOT)-Diksha platform.
