

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 3462
TO BE ANSWERED ON 01.04.2025**

POSTPARTUM MATERNAL MENTAL HEALTHCARE

3462. SHRI TIRUCHI SIVA:

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

- (a) whether any assessment has been made regarding the State-wise trend of postpartum mental health issues among women, as well as the success rate of Auxiliary Nurse and Midwifery (ANM) visits in providing resolution to the same;
- (b) if so, the details thereof and if not, the reasons therefor;
- (c) whether Government is considering any supplementary schemes with focus on post-natal mental health of women; and
- (d) if so, the details thereof?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(SMT. ANUPRIYA PATEL)**

(a) to (d) Under National Health Mission, Auxiliary Nurses and Midwifery (ANM) and Accredited Social Health Activist (ASHA) routinely assess the health issues of postpartum mothers including mental health during home visits.

Following a mother's discharge from a healthcare facility, ANM and ASHA conduct six postnatal home visits to ensure comprehensive postnatal care, which includes screening for postpartum depression. This evaluation involves identifying symptoms and referring the mother to an appropriate healthcare facility under the Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) and or the Extended-PMSMA. Under the Optimization of Postnatal Care scheme, ASHA is provided incentive for timely management.

To strengthen mental health services, the Government of India implements National Mental Health Programme (NMHP), which includes postpartum mothers. This initiative provides outpatient consultations, assessments, counseling, psychosocial interventions, continuous care for severe mental disorders, essential medications, outreach services, and ambulance support.

The upgradation of Sub-Health Centres (SHCs) and Primary Health Centres (PHCs) into Ayushman Arogya Mandirs integrates mental health services in the packages of Comprehensive Primary Health Care services. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

The Government has also launched Tele MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from well being to mental disorders.
