

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 283
TO BE ANSWERED ON 22ND JULY, 2025**

REVAMPING MENTAL HEALTHCARE

283. SHRI RAJEEV SHUKLA:

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

- (a) whether Government is taking/plans to take measures in order to revamp mental healthcare in the country;
- (b) if so, the details thereof, especially with focus on students;
- (c) the progress made in this respect, State/UT-wise; and
- (d) the proposed measures to be taken in this respect?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SH. PRATAPRAO JADHAV)**

- (a) to (d) The Government has taken the following steps in order to revamp mental healthcare in the country:
 - i. The National Mental Health Programme (NMHP) has been implemented in the country since 1982 to ensure the availability and accessibility of minimum mental healthcare for all in the foreseeable future, particularly to the most vulnerable and underprivileged sections of the population.
 - ii. The District Mental Health Programme (DMHP) was introduced as component of the NMHP in 1996, The DMHP has been sanctioned for implementation in 767 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, inter- alia, 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.

- iii. 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.
- iv. There are 47 Government run mental hospitals in the country, including 3 Central Mental Health Institutions, viz. National Institute of Mental Health and Neuro Sciences, Bengaluru, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam and Central Institute of Psychiatry, Ranchi. Mental Health Services are also provisioned in all AIIMS.
- v. The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.77 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. 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.
- vi. The Government has launched a “National Tele Mental Health Programme” (NTMHP) on 10th October, 2022, that functions as the digital arm of the District Mental Health Programme to provide universal access to equitable, accessible, affordable and quality mental health care through 24 x 7 tele-mental health counselling services. For this, a toll-free number (14416) has been set up across the country.
- vii. As on 17.07.2025, 36 States/ UTs have set up 53 Tele MANAS Cells. Tele-MANAS services are available in 20 languages based on language opted by States. More than 23,82,000 calls have been handled on the helpline number.
- viii. 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.
- ix. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.

To improve mental health and well-being among students, the following steps have been taken:

- i. The District Mental Health Programme (DMHP) implemented under the National Mental Health Programme in 767 districts of the country to detect, manage and treat mental illness with the components of counselling in schools and colleges, work place stress management, life skills training, suicide prevention services and Information, Education and Communication (IEC) activities for generation of awareness and removal of stigma associated with Mental Illness.
- ii. “Emotional Wellbeing and Mental Health” is incorporated as a dedicated module under Ayushman Bharat School Health & Wellness Programme. Health and Wellness Ambassadors (Teachers) are trained on mental health along with other thematic areas of the programme, take interactive sessions with the students and percolate the messages through weekly sessions promoting joyful learning.
- iii. The Rashtriya Kishor Swasthya Karyakram (RKSK) of the Ministry of Health & Family Welfare through its interventions viz. Adolescent Friendly Health Clinics (AFHC), Peer Education Programme and Adolescent Health and Wellness Days (AH&WD) creates awareness on mental health issues and provides counselling services. Peer Educators form groups of 15-20 boys and girls in the community and conduct weekly one to two hour participatory sessions on adolescent health including mental health and wellbeing.
- iv. Ministry of Education (MoE), has launched an initiative, Manodarpan, with the aim to provide psychosocial support to students, their families and teachers across the country, for mental health and well-being . All activities undertaken under the Manodarpan initiative are aimed towards supporting the mental health and well-being of students from schools, colleges and universities, including those students who are preparing for competitive examinations.
- v. University Grants Commission (UGC) has issued Guidelines for Promotion of Physical Fitness, Sports, Student’s Health, Welfare, Psychological and Emotional Well-being at Higher Education Institutions (HEIs) on 13.04.2023, which provides for promotion of physical fitness and sports activities for students; creation of safeguards against academic pressure, peer pressure, behavioral issues, stress, career concerns, depression and other issues on the mental health of students; to teach positive thinking and emotions in the student community; and to promote a positive and supportive network for students.
