

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 2806
TO BE ANSWERED ON 17th MARCH, 2026**

YOUTH MENTAL HEALTH CRISIS

2806. SMT. PRIYANKA CHATURVEDI:

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

- (a) the action plan following Global Mind Health 2025, ranking Indian youth (18-34) at 60th position out of 84 countries, with Mental Health Quotient (MHQ) scoring 33 versus global 66;
- (b) whether 44 per cent young adults consume ultra-processed foods and 11 per cent by the elderly, smartphone usage at 16, and reduced family bonds, if so, the intervention strategies of Government in this regard;
- (c) the specific budget allocation, psychiatrist-to-population improvement targets and school/college mental health programs with timelines;
- (d) whether 60 percent mental disorders affect youth under 35 years old, if so, the percentage of youth accessing mental services and its effectiveness in stigma reduction; and
- (e) whether crisis helplines, peer support and subsidised counselling will address productivity loss, rising crime and suicide?

ANSWER

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

(a) to (e) The Global Mind Health 2025 report was carried out by Sapien Labs, a U.S.-based non-profit research organization. It forms part of the organization's wider Global Mind Project, which examined survey responses from nearly one million internet users across 84 countries to evaluate mental well-being through the Mind Health Quotient (MHQ). The authors of the Global Mental Health report have acknowledged several important limitations of the report:

- i. The trends are not likely to be reflective of offline populations who typically live in a different context and therefore country level trends may differ substantially from the Global Mind trends.
- ii. Sampling bias: The data reflects internet-enabled, language-proficient, and self-selecting individuals willing to complete a 15-minute survey.
- iii. Cultural variability: Responses may be influenced by language interpretation and cultural perceptions of mental health, affecting direct cross-country comparisons.
- iv. Therefore, the country specific figures mentioned in the report cannot be treated as generalizable in a robust- manner to the whole population of youth in the country.

The various interventions strategies adopted / steps taken by the Government to address obesity includes following:

- i. The Eat Right Movement, initiated by FSSAI, aims to improve citizens' health by promoting nutritious food and raising awareness about the dangers of excessive salt, sugar, and fat consumption.
- ii. The Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020, restrict the sale and advertisement of high fat, salt, and sugar foods near schools, promoting healthier eating among students. Schools are encouraged to create 'Eat Right Schools' that focus on safe, healthy, local, and seasonal foods with minimal waste.

The budget allocated for mental health services under the Ministry, including allocation for National Mental Health Programme (NMHP), District Mental Health Programme (DMHP), National Tele Mental Health Programme (NTMHP), National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur, Assam and Central Institute of Psychiatry (CIP), Ranchi, during the last three years is as follows:

Sr. No.	Year	Total Allocation for Mental Health (Rs. in Crore)
1.	2022-23	1088.14
2.	2023-24	1136.48
3.	2024-25	1106.8

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.

The government has increased number of Medical Colleges, Under Graduate (UG) and Post Graduate (PG) seats. There is an increase in Medical Colleges from 387 to 818; UG seats from 51,348 to 1,28,976 and PG seats from 31,185 to 85020 from 2014 to as on date.

“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.

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.

The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts for which support is provided to States/UTs through the National Health Mission. Under DMHP, targeted interventions are conducted for school and college students. Under Targeted interventions, the following activities are carried out in the districts across the country:

- i. Life skills education & counselling in schools - 100 teachers to be trained as Master trainers from each block having 25-30 schools.
- ii. College counselling services - training of college teachers to work as counsellors.
- iii. Counselling of Out of school children having mental health problems/ Adolescent mental health program
- iv. Suicide prevention services Workplace Stress Management Programs

As per the National Mental Health Survey (NMHS), 2015-16 of India, the prevalence of mental health disorders in adults over the age of 18 years is about 10.6%.

Beside 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 12.03.2026, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 34.34 lakh calls have been handled on the helpline number. A significant proportion of its users are youth and young adults, with about 7% callers being in 13-17 years and 70% in 18-45 years age range.

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. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.
