

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 1075
TO BE ANSWERED ON 28TH JULY, 2026**

**ASSESSMENT AND STRENGTHENING OF MENTAL HEALTH SERVICES IN
JAMMU AND KASHMIR**

1075. SHRI SAJJAD AHMAD KICHLOO:

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

- (a) whether Government has undertaken any assessment of mental health disorders arising out of prolonged conflict, natural disasters and substance abuse in Jammu and Kashmir;
- (b) the number of psychiatrists, psychologists and counsellors available in Government institutions;
- (c) the availability of mental health facilities, district-wise; and
- (d) the steps taken to expand such services?

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

- (a) The Government has started the National Mental Health Survey 2 (NMHS 2) through National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru covering the age group of adolescents (13 to 17 years) and all adults of age 18 and above across all States (28) and Union Territories (8). The focus of NMHS 2 enquiry has been expanded to Public Health priority on mental illness conditions including thematic studies related to vulnerable populations such as children and women's mental health, geriatric mental health, migration, climate change, mental health amongst tribal population and mental health care during disasters.
- (b) There are approximately 120 Psychiatrists and 40 Clinical Psychologists in both Government and Private institutions in Jammu and Kashmir, (around 71 Psychiatrists and 10 Clinical Psychologists posted in Government institutions) reflecting a relatively favourable psychiatrist-to-population ratio. Besides, Counsellors in all Districts of Jammu and Kashmir are available across Addiction Treatment Facilities (ATFs), District Early Intervention

Centres (DEICS), and GMCs. The counselling services are also provided through IMHANS, Srinagar under Tele-MANAS in the J&K.

- (c) The district-wise availability of Mental Health facilities in the J&K is as follows:
- i. Government Medical Colleges (GMCs) at Jammu, Kathua, Udhampur, Rajouri, Doda, Anantnag, Baramulla, Handwara, and Bemina have Psychiatry Departments with Addiction Treatment Facilities (ATFS).
 - ii. District Hospitals in Reasi, Kulgam, Shopian, Pulwama, Budgam, Bandipora, Ganderbal, Kupwara, Ramban, Poonch, Samba, and Kishtwar host District Mental Health Units (DMHUS) or Addiction Treatment Facilities (ATFS).
 - iii. Institute of Mental Health & Neurosciences (IMHANS), Srinagar, a 160-bedded Centre of Excellence under NMHP, continues to serve as the Nodal Institution for psychiatric care, training, and manpower generation.
 - iv. 21 Addiction Treatment Facilities (ATFS) are functional across all districts of J&K.
- (d) As per the information received from the Government of the Union Territory of Jammu & Kashmir, the several initiatives have been undertaken to strengthen and expand Mental Health Services across the Union Territory which include the following:
- i. Initiation of MD Psychiatry at Government Medical College, Jammu.
 - ii. Strengthening and Integration of Mental Health Care System into Primary Health Care System to ensure accessible, comprehensive and community-based Mental Healthcare at all levels.
 - iii. Earlier, 12 Medical Officers (MOS) successfully completed the Diploma in Community Mental Health (DCMH) through an online training programme conducted by the National Institute of Mental Health and Neuro Sciences (NIMHANS).
 - iv. A total of 10 posts of Psychiatrist have been approved under the National Mental Health Programme (NMHP), one for each district of the Jammu Division.
 - v. Nominations of 30 Medical Officers have been submitted under the National Health Mission (NHM) for a six-month online training programme to be conducted by the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru.
 - vi. Digital and Tele-Mental Health Services are being provided through Tele-MANAS, thereby improving the accessibility, affordability and acceptability of Mental Health Services through a digital platform.
