

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

**LOK SABHA
UNSTARRED QUESTION NO. 1719
TO BE ANSWERED ON 27th JULY, 2018**

MENTAL HEALTH

**1719. SHRI PRATHAP SIMHA:
KUNWAR BHARATENDRA:
SHRI PINAKI MISRA:**

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

- (a) whether as per the WHO's Report "Depression and Other Common Mental Disorders - Global Health Estimates" released in 2017, the estimated prevalence of depressive disorders in India is 4.5 per cent of the total population, if so, the details thereof and reaction of the Government thereto;
- (b) whether India has less than 4,000 psychiatrists to treat its mentally ill people, if so, the details thereof and corrective steps taken by the Government in this regard;
- (c) whether the Government proposes to implement a District Mental Health Programme (DMHP) for detection, management and treatment of mental disorders/illness in 517 districts of the country, if so, the major components of DMHP;
- (d) whether the prevalence of mental morbidity is found to be very high in urban centres, if so, the details thereof; and
- (e) the major findings of a National Mental Health Survey conducted by NIMHANS in 2016 and corrective steps taken in accordance to the survey?

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

(a): As per the World Health Organization's Report "Depression and Other Common Mental Disorders – Global Health Estimates" released in 2017, the estimated prevalence of depressive disorders in India is 4.5% of the total population. However, as per the National Mental Health Survey conducted by the National Institute of Mental Health and Neuro Sciences, Bangalore in 12 States of the country, the prevalence of depressive disorders in India is estimated to be 2.7% of the total population. To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) since 1982.

(b): As per available information, there are about 3827 Psychiatrists available in the country. In order to increase the number of mental health professionals in the country, the Government, under the NMHP, is implementing manpower development schemes for establishment of Centres of Excellence and strengthening/ establishment of Post Graduate (PG) Departments in mental health specialties. Till date, support has been provided for establishment of 25 Centres of Excellence and strengthening/ establishment of 47 Post Graduate (PG) Departments in mental health specialties in the country.

(c) to (e): The Government had undertaken a National Mental Health Survey through the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country. As per the survey report released on 26th December, 2016, the prevalence of mental morbidity is higher in urban metro regions (13.5%) as compared to rural areas (6.9%) and urban non-metro areas (4.3%). The major findings of the survey are as under:

- The prevalence of mental disorders including common mental disorders, severe mental disorders, and alcohol and substance use disorders (excluding tobacco use disorder) in adults over the age of 18 years is about 10.6%.
- Mental disorders are closely linked to both causation and consequences of several non-communicable disorders (NCD).
- Nearly 1 in 40 and 1 in 20 persons suffer from past and current depression, respectively.
- Neurosis and stress related disorders affect 3.5% of the population and was reported to be higher among females (nearly twice as much in males).
- Data indicate that 0.9 % of the survey population were at high risk of suicide.
- Nearly 50% of persons with major depressive disorders reported difficulties in carrying out their daily activities.

To address the burden of mental disorders, the Government of India is implementing the District Mental Health programme (DMHP) under the National Mental Health Programme (NMHP) in 517 districts of the country with the objectives to:

- (i) Provide mental health services including prevention, promotion and longterm continuing care at different levels of district healthcare delivery system.
- (ii) Augment institutional capacity in terms of infrastructure, equipment and human resource for mental healthcare.
- (iii) Promote community awareness and participation in the delivery of mental healthcare services.
- (iv) Broad-base mental health into other related programs.