

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

**LOK SABHA  
STARRED QUESTION NO. 30  
TO BE ANSWERED ON THE 3<sup>RD</sup> FEBRUARY, 2023**

**MENTAL HEALTH CARE SERVICES**

**\*30. SHRI RAVNEET SINGH BITTU:**

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

- (a) whether it is a fact that a survey by the National Institute of Mental Health and Neurosciences (NIMHANS) has found millions of Indians being in need of mental health care services and if so, the details thereof;
- (b) whether it is a fact that there is lack of education and awareness concerning psychological disorders in the country and if so, the details thereof;
- (c) the details of the number of mental health professionals available in the country especially in the rural areas, State/UT-wise especially in the State of Punjab;
- (d) whether the Government is taking any measures to address the growing mental health related issues in the country; and
- (e) if so, the details thereof and if not, the reasons therefor?

**ANSWER  
THE MINISTER OF HEALTH AND FAMILY WELFARE  
(DR MANSUKH MANDAVIYA)**

(a) to (e) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA  
STARRED QUESTION NO. 30 FOR 3<sup>RD</sup> FEBRUARY, 2023**

(a) As per the National Mental Health Survey conducted by the Government through National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country, 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%. The major findings of the survey are as under:

- (i) The prevalence of mental morbidity is high in urban metropolitan areas.
- (ii) Mental disorders are closely linked to both causation and consequences of several non-communicable disorders (NCD).
- (iii) Nearly 1 in 40 and 1 in 20 persons suffer from past and current depression, respectively.
- (iv) 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).
- (v) Data indicate that 0.9 % of the survey population were at high risk of suicide.
- (vi) Nearly 50% of persons with major depressive disorders reported difficulties in carrying out their daily activities.

(b) To generate awareness among masses about mental illnesses Information, Education and Communication (IEC) activities are an integral part of the NMHP. At the District level, sufficient funds are provided to each District under the DMHP under the Non-communicable Diseases flexi-pool of National Health Mission for IEC and awareness generation activities in the community, schools, workplaces, with community involvement. Under the DMHP, various IEC activities such as awareness messages in local newspapers and radio, street plays, wall paintings etc. are undertaken by the States/UTs.

(c) to (e) As per information provided by National Medical Commission (NMC), there are 13,08,009 allopathic doctors registered with the State Medical Councils and the National Medical Commission (NMC) as on June, 2022. The Government is also augmenting the availability of manpower to deliver mental healthcare services in the underserved areas of the country by providing online training courses to various categories of general healthcare medical and para medical professionals through the Digital Academies, since 2018, established at the three Central Mental Health Institutes namely 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. The number of trained professionals under Digital Academy are as follows:

Sr. No.	Institute	No. of professionals trained
1	NIMHANS	16313
2	LGBRIMH	371
3	CIP	219

The mental health services are available at three Central Mental Health Institutions, viz. National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, Central Institute of Psychiatry (CIP), Ranchi, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur, All India Institute of Medical Sciences (AIIMS) and Medical Colleges.

Mental Health services are provided at district level through District Mental Health Programme (DMHP). For providing affordable and accessible mental healthcare facilities to the population, including the poor and underprivileged, the Government is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 716 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, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc. Mental health services have been added in the package of services under Comprehensive Primary Health Care under Ayushman Bharat – HWC Scheme. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Health and Wellness Centres (HWC) have been released under the ambit of Ayushman Bharat.

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10<sup>th</sup> October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 31.01.2023, 25 States/ UTs have set up 36 Tele MANAS Cells and have started mental health services. 43,861 calls have been handled on the helpline number.

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