

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

**LOK SABHA
UNSTARRED QUESTION NO. 3920
TO BE ANSWERED ON 24TH MARCH, 2023**

CASES OF MENTAL ILLNESS

3920. SHRI M. BADRUDDIN AJMAL:

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

- (a) whether it is a fact that the cases of mental illness are on the rise in the country, especially after the COVID-19 pandemic and millions of people are suffering from it and if so, the details thereof;
- (b) the strategy taken/proposed to be taken by the Government to tackle this crisis;
- (c) whether it is also a fact that the country has a shortage of hospitals to treat the disease related to mental health and if so, the details thereof;
- (d) whether the Government has made any plan to increase adequate budgetary allocation for setting up hospitals and health care centres to address the challenge; and
- (e) if so, the details thereof and if not, the reasons therefor?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(DR. BHARATI PRAVIN PAWAR)**

- (a) & (b) The “Global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic” study, published has estimated an increase in the prevalence of anxiety and depression in India during the COVID-19 pandemic.

Realizing the impact that COVID-19 may have on the mental health of the people, the Government has taken a number of initiatives, including -

- (i) Setting up of a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, adult, elderly, women and healthcare workers.
- (ii) Issuance of guidelines/ advisories on management of mental health issues, catering to different segments of the society.
- (iii) Advocacy through various media platforms in the form of creative and audio-visual materials on managing stress and anxiety, and promoting an environment of support and care for all.
- (iv) Issuance and dissemination of detailed guidelines by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru- "Mental Health in the times of COVID-19 Pandemic - Guidance for General Medical and Specialized Mental Health Care Settings".

- (v) All the guidelines, advisories and advocacy material can be accessed on Ministry of Health and Family Welfare website under “Behavioural Health – Psychosocial helpline” (<https://www.mohfw.gov.in/>).
- (vi) Online capacity building of health workers by NIMHANS in providing psychosocial support and training through (iGOT)-Diksha platform.

Further, 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.

In addition to the above, the Government is also taking steps to strengthen mental healthcare services at primary healthcare level. 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 10th October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 09.03.2023, 25 States/ UTs have set up 36 Tele MANAS Cells and have started mental health services. 63806 calls have been handled on the helpline number.

- (c) to (e) Under District Mental Health Programme, fund of Rs. 159.75 Crore have been approved for States/UTs under National Health Mission for the year 2022-23. Under the Tertiary care component of National Mental Health Programme, 25 Centres of Excellence and 47 PG Departments 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. For this scheme Rs. 35 Crore have been allocated for the year 2022-23.

Funds allocated for the year 2022-23 to 03 (three) Mental Health Institutions, namely, 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, under the administrative control of the Central Government are as under:

Name of the Institution	Funds Allocated (Rs. in Crore)
NIMHANS, Bengaluru	678.00
LGBRIMH, Tezpur, Assam	58.3
CIP, Ranchi	129
