

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

**LOK SABHA  
UNSTARRED QUESTION NO. 4013  
TO BE ANSWERED ON 24<sup>TH</sup> MARCH, 2023**

**MENACE OF MENTAL HEALTH**

**4013. SHRI SANJAY KAKA PATIL:**

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

- (a) whether the Government is aware that there is a mental health pandemic in India, where a large section of the population is suffering from mental health problems and if so, the details thereof;
- (b) whether the Government has considered creating a national-level body to discuss matters related to mental health to improve interventions, with key State-level Government stakeholders as a part of the body, to tackle the mental health pandemic in India; and
- (c) 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) 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) & (c) Realizing the impact that COVID-19 may have on the mental health of the people, including children, the Government has set up a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, students, adult, elderly, women and healthcare workers. In addition, guidelines/ advisories on management of mental health issues, catering to different segments of the society have also been issued by the Government.

Further, Government of India implements the National Mental Health Programme (NMHP) as well as District Mental Health Programme (DMHP) under NMHP in 716 districts of the country. Under DMHP, sufficient funds are provided to each district supported under the Programme for targeted interventions with the following objectives:

- (i) To provide facilitative skill to class teachers to promote life skill among their students.
- (ii) To provide the knowledge and skills to class teachers to identify emotional conduct, scholastic and substance use problems in their students
- (iii) To provide a system of referral for students with psychological problems in schools to the District Mental Health Team for inputs and treatment.
- (iv) To involve other stakeholders like parents, community leaders to enhance development of adolescents 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 10<sup>th</sup> 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.

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