

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

**LOK SABHA  
UNSTARRED QUESTION NO. 3728  
TO BE ANSWERED ON 11<sup>TH</sup> AUGUST, 2023**

**EFFECTS OF STRESS AND ANXIETY ON HEALTH**

**3728. SHRI DIBYENDU ADHIKARI:**

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

- (a) whether the Government has any report stating that the 50 per cent of youths between 24 to 34 age group are more stressed or anxious and people between ages 35-45 are having 48 per cent rate of the same feeling in the country;
- (b) if so, the details thereof, State/UT-wise;
- (c) whether the Government has any action plan to protect such people from stress and anxiety to help them overcome its extensive side effects on health in the country; and
- (d) if so, the details thereof, State/UT-wise?

**ANSWER**

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(PROF. S. P. SINGH BAGHEL)**

- (a) to (d) The Government conducted the National Mental Health Survey (NMHS) of India in 12 States of the country through the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in 2016, as per which the prevalence of mental disorders in adults over the age of 18 years is about 10.6%. As per NMHS, 2016, the prevalence of Neurotic & Stress related disorders (3.53%) and generalized Anxiety disorders (0.57%) in different age groups is as follows:

Age Group	Prevalence of Neurotic & Stress related disorders	Prevalence of generalized Anxiety disorders
18-29	2.95%	0.43%
30-39	3.79%	0.63%
40-49	4.39%	0.77%

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.

For providing affordable and accessible mental healthcare facilities in the country, 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 738 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 above services there is a provision of 10 bedded in-patient facility at the District level.

Under the tertiary care component of NMHP, 25 Centres of Excellence 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. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialities. Mental Health Services are also provisioned for 22 AIIMS. These services are also available under PMJAY.

In addition to the above, 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 improve access to quality mental health counselling and care services in the country. As on 18.07.2023, 31 States/ UTs have set up 42 Tele MANAS Cells and have started tele mental health services. More than 1,94,000 calls have been handled on the helpline number.

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