

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

LOK SABHA
UNSTARRED QUESTION NO. 1120
TO BE ANSWERED ON 08TH DECEMBER, 2023

MENTAL HEALTH

1120. SHRI SANJAY KAKA PATIL:

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

- (a) whether the Government is aware of the rising mental health issues in the country and a large section of the population suffering from mental health problems;
- (b) if so, the details thereof;
- (c) whether the Government proposes to create a national level body to discuss matters related to mental health to improve interventions with key State Governments and stakeholders as a part of the body to tackle the mental health pandemic in the country; and
- (d) if so, the details thereof and if not, the reasons therefor?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE**

(PROF. S. P. SINGH BAGHEL)

- (a) & (b) 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.

(c) & (d) Realizing the impact that COVID-19 may have on the mental health of the people, 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 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.

For providing affordable and accessible mental healthcare facilities in the country, 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 738 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. The Government has upgraded more than 1.6 lakh SHCs, PHCs, UPHCs and UHWCs to Ayushman Arogya Mandirs. Mental health services have been added in the package of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs 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 04.12.2023, 34 States/ UTs have set up 46 Tele MANAS Cells and have started mental health services and more than 4,81,000 calls have been handled on the helpline.
