

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

**LOK SABHA
UNSTARRED QUESTION NO. 942
TO BE ANSWERED ON 08TH DECEMBER, 2023**

RISK OF DEPRESSION

**942. SHRI Y.S. AVINASH REDDY:
SHRI MANNE SRINIVAS REDDY:
SHRI KOMATI REDDY VENKAT REDDY:**

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

- (a) whether it is a fact that frequent social connection reduces the risk of depression by 18 percent and is most protective against recurrent depression related disorders viz-a-viz other deterrents like moderate alcohol consumption, a healthy diet, regular physical activity, never smoking and low-to-moderate sedentary behaviour;
- (b) if so, the details thereof, State/UT-wise including Andhra Pradesh and Telangana;
- (c) whether any scheme is being implemented for such medical illnesses and if so, the details thereof along with the list of beneficiaries and funds sanctioned/expenditure incurred till now, under such scheme, State/UT-wise;
- (d) whether the Government has taken any corrective steps/measures since the launch of such scheme; and
- (e) if so, the details thereof along with the results achieved so far and steps taken/proposed to plug the loopholes under the said scheme?

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

- (a) to (e) 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 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 specialties. Mental Health Services are also provisioned for 22 AIIMS. These services are also available under PMJAY.

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.

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.

Besides the above, the Government has launched a “National Tele Mental Health Programme” (NTMHP) on 10th October, 2022, to improve access to quality mental health counselling and care services in the country. As on 04.11.2023, 34 States/ UTs have set up 46 Tele MANAS Cells and have started tele mental health services. More than 4,81,000 calls have been handled on the helpline number.

The budget allocated for mental health services under the Ministry, including allocation for National Mental Health Programme (NMHP), District Mental Health Programme (DMHP), 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, during the last three years is as follows:

Sr. No.	Year	Total Allocation for Mental Health (Rs. in Crore)
1	2020-21	713.01
2	2021-22	846.17
3	2022-23	949.74 + 120.98*

*The amount of Rs. 120.98 crore was allocated for National Tele-Mental Health Programme (NTMHP) for the year 2022-23, which was launched on 10th October, 2022.
