

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

**LOK SABHA  
UNSTARRED QUESTION NO. 1259  
TO BE ANSWERED ON 09<sup>TH</sup> FEBRUARY, 2024**

**EFFECT OF NATURAL CALAMITIES ON MENTAL HEALTH**

**1259. SHRI MAGUNTA SREENIVASULU REDDY:**

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

- (a) whether the Government has considered that being witness to climate disasters and natural calamities affects the mental health of citizens in the country and if so, the details thereof;
- (b) the steps taken/proposed to be taken by the Government to support such vulnerable persons across the country;
- (c) whether the Government has proposed to provide special mental health services in States extremely vulnerable to climate change and natural calamities, like Andhra Pradesh that face flooding every year; 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) to (d) As per the information received from NDMA, the National Disaster Management Guidelines on Mental Health and Psychosocial Support Services (MHPSS) in Disasters was published in the year 2009. The same has been updated in the year 2023, with the aim to provide concrete actions and activities to be carried out through all phases of a disaster including preparedness, mitigation, response, recovery, rehabilitation, and reconstruction. This Guideline is available on official website of NDMA (i.e. [https://ndma.gov.in/sites/default/files/PDF/Guidelines/Guidelines\\_Mental\\_Health\\_Psychosocial\\_Support\\_Dec23.pdf](https://ndma.gov.in/sites/default/files/PDF/Guidelines/Guidelines_Mental_Health_Psychosocial_Support_Dec23.pdf)).

The National Disaster Management Authority, in collaboration with NIMHANS, Bengaluru has developed modules for Disaster Mental Health Services as ready reckoner for disaster mental health preparedness. (Link to the module: <https://ndma.gov.in/sites/default/files/PDF/Technical%20Documents/NDMA-Module-4.pdf>).

NDMA has initiated a project to provide “Mental Health and Psychosocial Support Services for the state of Sikkim in response to the GLOF Disaster” in collaboration with Rahbar, Tata Institute of Social Sciences (TISS), after request of Government of Sikkim to provide urgent psychosocial support to individuals and communities affected by Glacial Lake Outburst Floods (GLOFs) in Sikkim in the month of October, 2023.

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.

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 30.01.2024, 34 States/ UTs have set up 47 Tele MANAS Cells and have started tele mental health services. More than 6,28,000 calls have been handled on the helpline number.

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.

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.

Ministry of Health and Family Welfare has started the National Programme for Climate Change and Human Health and has incorporated mental health into this program.

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