

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

**LOK SABHA
UNSTARRED QUESTION NO. 2926
TO BE ANSWERED ON 12TH MARCH, 2021**

MENTAL HEALTH AWARENESS

2926. DR. MOHAMMAD JAWED:

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

- (a) whether the Government has launched specific programmes to create mental health awareness among young people;
- (b) if so, the details thereof;
- (c) whether dedicated suicide prevention helplines are available for young people;
- (d) if so, the details thereof; and
- (e) if not, whether the Government proposes to set up suicide prevention helplines?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI ASHWINI KUMAR CHOUBEY)**

(a) & (b): To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) since 1982. The Government is supporting implementation of the District Mental Health Programme (DMHP) under NMHP in 692 districts of the country with the objectives to:

- (i) Provide suicide prevention services, work place stress management, life skills training and counselling in schools and colleges.
- (ii) Provide mental health services including prevention, promotion and long-term continuing care at different levels of district healthcare delivery system.
- (iii) Augment institutional capacity in terms of infrastructure, equipment and human resource for mental healthcare.
- (iv) Promote community awareness and participation in the delivery of mental healthcare services.

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, funds upto Rs. 4 lakh per annum 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. Further, funds upto Rs. 12 lakhs per annum are provided to each district supported under DMHP for targeted interventions with the following objectives:

- (i) To provide class teachers with facilitative skill to promote life skill among their students.
- (ii) To provide the class teachers with knowledge and skills to identify emotional conduct, scholastic and substance use problems in their students
- (iii) To provide class teachers with a system of referral for students with psychological problems 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.

(c) to (e): The Government has not established a dedicated suicide prevention helpline, however, the Government has set up a 24/7 helpline through National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, to provide psychosocial support by mental health professionals to the entire population, divided into different target groups viz. children, adult, elderly, women and healthcare workers. The other two Central Mental Health Institutions, namely, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur and Central Institute of Psychiatry (CIP), Ranchi along with various States/UTs are now also on-board to extend such services in regional/ local languages.