

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

**LOK SABHA  
STARRED QUESTION NO.182  
TO BE ANSWERED ON THE 10<sup>TH</sup> DECEMBER, 2021**

**MENTAL HEALTH ISSUES**

**\*182. SHRI MANNE SRINIVAS REDDY:  
SHRI THIRUNAVUKKARASAR SU:**

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

- (a) whether the Government is aware that mental health issues in the country have been on the rise pre and post COVID-19;
- (b) if so, the details thereof, State/UT-wise and also the reasons therefor;
- (c) whether as per a report of the United Nations Children's Fund (UNICEF), even before pandemic, an estimated 50 million children in the country were suffering from mental health issues;
- (d) whether the Government has launched any project to address the issue of mental health challenges being faced by the children and if so, the funds allocated for the purpose; and
- (e) the other corrective measures being taken by the Government to tackle the increasing mental health issues?

**ANSWER  
THE MINISTER OF HEALTH AND FAMILY WELFARE  
(DR MANSUKH MANDAVIYA)**

(a) to (e) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA  
STARRED QUESTION NO. 182\* FOR 10<sup>TH</sup> DECEMBER, 2021**

(a) & (b): As per the National Mental Health Survey (NMHS) conducted by the Government through National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, in 2016 the prevalence of mental disorders in adults over the age of 18 years is about 10.6%. Realizing the impact that COVID-19 may have on the mental health of the people, the Government has taken a number of initiatives to provide psychosocial support during COVID-19. These initiatives include:

- (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 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.

(c) UNICEF's global flagship publication, "The State of the World's Children 2021; On My Mind: promoting, protecting and caring for children's mental health" has mentioned that even prior to the COVID pandemic approximately 50 million children and adolescents in India were estimated to have mental health problems. Mental health problems in children and adolescents are caused by interaction of multiple risk factors that include genetic risk, aberrant child development, malnutrition, chronic medical illnesses, faulty parenting, academic stress, deviant peer influence, negative life events, exposure to traumatic experiences like child abuse, bullying, use of substances like alcohol, cannabis etc.

(d) & (e) 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. To generate awareness among masses about mental illnesses, Information, Education and Communication (IEC) activities are an integral part of the NMHP. At 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 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 amount 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.

Under District Mental Health Programme, fund of Rs. 84.13 Crore have been approved for States/UTs under National Health Mission for the year 2020-21.

Under the Tertiary care component of National Mental Health Programme, 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. In addition, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialities and for this scheme fund of Rs. 35 Crore have been allocated for the year 2020-21.

Funds allocated for the year 2020-21 to 03 (three) Mental Health Institutions, namely, 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, under the administrative control of the Central Government are as under:

<b>Name of the Institution</b>	<b>Funds Allocated (Rs. in Crore)</b>
NIMHANS, Bengaluru	434.43
LGBRIMH, Tezpur, Assam	53.20
CIP, Ranchi	101.25

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