

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

**LOK SABHA  
UNSTARRED QUESTION NO. 1769  
TO BE ANSWERED ON 11<sup>TH</sup> FEBRUARY, 2022**

**NATIONAL MENTAL HEALTH PROGRAMME**

**1769. SHRI AJAY NISHAD:  
SHRI E.T. MOHAMMED BASHEER:  
SHRI SANJAY KAKA PATIL:**

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

- (a) whether the number of mental health patients is increasing and the mental health facilities are inadequate in the country, if so, the details thereof and the corrective steps taken thereon;
- (b) the number of people getting access to mental health services under the National Mental Health Programme (NMHP) during the last three years, State/UT-wise particularly in Maharashtra;
- (c) the details of allocation of funds to NMHP during the said period State/UT-wise, year-wise;
- (d) the status of implementation of NMHP including steps taken to create awareness about suicide prevention, State/UT-wise particularly in Maharashtra;
- (e) whether the Government proposes to restructure the NMHP programme to improve its effectiveness at primary healthcare level and to introduce the programme in those regions deprived of it, if so, the details thereof and the funds earmarked for the purpose during the current year; and
- (f) the steps taken to alleviate psychological distress caused to people due to the COVID-19 pandemic?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(DR. BHARATI PRAVIN PAWAR)**

(a): As per the National Mental Health Survey, 2016, the prevalence of mental disorders in adults over the age of 18 years is about 10.6 %. For providing affordable and accessible mental healthcare facilities, 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 704 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC) levels, inter-alia, 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. The service delivery for mental healthcare through DMHP is aligned with the provisions of the Mental Healthcare Act, 2017 to provide treatment in a manner which supports persons with mental illness to live in the community and with their families. 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. In addition, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialities.

As per available information, there are 47 Government run mental health hospitals in the country, including 3 Central mental health institutions, viz. National Institute of Mental Health and Neuro Sciences, Bangalore, Central Institute of Psychiatry, Ranchi and Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam.

With a view to further increase mental healthcare facilities in the country, Department of Psychiatry has been set up in each of the newly established All India Institute of Medical Sciences (AIIMS) and similar provision has been made in the upcoming new AIIMS. Similarly, many other Central as well as State Government hospitals also have Psychiatry Departments.

(b) & (c): The number of people getting access to mental health services under the National Mental Health Programme (NMHP) is not maintained centrally. The State/UT-wise details of funds approved for implementation of the District Mental Health Programme under the National Health Mission is Annexed.

(d) & (e): To address the burden of mental disorders, the Government of India is supporting implementation of the DMHP under NMHP in 704 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.

In addition to the above, the Government is also taking steps to strengthen mental healthcare services at the primary healthcare level. Mental healthcare services have been added in the package of services under Comprehensive Primary Health Care under Ayushman Bharat – HWC Scheme. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Health and Wellness Centers (HWC) have been released under the ambit of Ayushman Bharat.

Under DMHP, funds of Rs. 118.37 Crores have been approved for States/UTs under the National Health Mission for the year 2021-22.

(f): 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.

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**Annexure****State/UT wise details of Approvals for National Mental Health Programme (NMHP) under Flexible Pool for Non Communicable Diseases (NCDs) under NHM during the period from F.Y. 2018-19 to 2020-21**

(Rs. in lakhs)

S.No.	State/UT	2018-19	2019-20	2020-21
1	Andaman & Nicobar Islands	9.30	19.75	20.00
2	Andhra Pradesh	267.80	504.30	300.30
3	Arunachal Pradesh	134.00	111.60	177.40
4	Assam	596.67	550.84	341.17
5	Bihar	534.30	218.64	226.75
6	Chandigarh	3.95	0.00	0.00
7	Chhattisgarh	569.70	328.70	258.21
8	Dadra & Nagar Haveli	5.00	4.00	3.07
9	Daman & Diu	0.45	1.00	
10	Delhi	90.00	60.00	84.00
11	Goa	18.94	25.11	16.60
12	Gujarat	860.50	558.70	562.70
13	Haryana	101.07	54.58	55.27
14	Himachal Pradesh	3.20	12.86	30.92
15	Jammu & Kashmir	330.90	233.64	219.50
16	Jharkhand	605.78	70.37	18.07
17	Karnataka	658.10	612.10	649.30
18	Kerala	119.70	200.70	318.75
19	Ladakh	0.00	0.00	0.00
20	Lakshadweep	5.20	2.90	7.80
21	Madhya Pradesh	168.00	177.34	214.94
22	Maharashtra	387.60	731.90	471.14
23	Manipur	64.28	157.15	288.96
24	Meghalaya	227.08	102.30	102.00
25	Mizoram	44.92	51.90	38.89
26	Nagaland	86.70	135.88	143.00
27	Odisha	576.28	301.55	191.10
28	Puducherry	16.85	18.21	12.74
29	Punjab	209.00	142.00	305.20
30	Rajasthan	160.30	406.24	577.60
31	Sikkim	31.29	50.02	50.40
32	Tamil Nadu	1031.40	1149.70	155.90
33	Telangana	45.00	170.00	1024.72
34	Tripura	42.80	43.52	28.80
35	Uttar Pradesh	1747.90	1686.94	1382.84
36	Uttarakhand	528.95	23.70	45.12
37	West Bengal	244.20	117.63	89.90
	<b>Total</b>	<b>10527.11</b>	<b>9035.77</b>	<b>8413.06</b>

