

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

**LOK SABHA
UNSTARRED QUESTION NO. 4843
TO BE ANSWERED ON 1ST APRIL, 2022**

MENTAL STRESS AND ANXIETY

**4843. DR. BHARATIBEN DHIRUBHAI SHIYAL:
SHRI RODMAL NAGAR:**

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

- (a) whether the number of patients with mental stress and anxiety has increased during the last two years;
- (b) if so, the details thereof and the steps being taken/likely to be taken by the Government to prevent depression caused due to mental stress and anxiety;
- (c) whether the Government has conducted any study regarding rising cases of mental stress and anxiety; and
- (d) if so, the details thereof?

ANSWER

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

- (a) to (d): As per the National Mental Health Survey, 2016, the prevalence of stress-related disorders, phobic anxiety disorders & other anxiety disorders, in adults over the age of 18 years is 3.5 %, 1.9% & 1.2% respectively. 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.

Further, with a view to provide 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, include outpatient services, assessment, counselling/ psycho-social interventions, 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.

Besides the above, the Government has announced a “National Tele Mental Health Programme” in the Budget of 2022-23, to further improve access to quality mental health counselling and care services in the country.
