

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

**LOK SABHA  
UNSTARRED QUESTION NO. 3539  
TO BE ANSWERED ON 21<sup>ST</sup> MARCH, 2025**

**RIISING CASES OF DEPRESSION AMONG YOUTH**

**3539. DR. M P ABDUSSAMAD SAMADANI:**

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

- (a) whether the Government has data on the rising cases of depression among youth in the country and if so, the details thereof alongwith the number of cases reported during the last five years;
- (b) the number of suicide cases among youth due to depression reported during the last five years;
- (c) the steps taken/proposed to be taken by the Government to address mental health challenges among young people, including awareness programmes, counseling services, and integration of mental health support in educational institutions;
- (d) whether the Government has implemented any suicide prevention policies targeting young people in the country and if so, the details thereof; and
- (e) the measures taken/proposed to be taken by the Government to establish helplines, awareness campaigns and early intervention programmes to address mental health issues among the youth?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SH. PRATAPRAO JADHAV)**

(a) to (e) As per the National Mental Health Survey, 2016 conducted by the Government through National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country, the prevalence of Depression in age group 13-17 is 0.8% and in age group 18-29 is 1.6%

As per information received from National crime Record Bureau (NCRB), the data of number of suicide cases among youth due to depression is not maintained centrally.

For providing affordable and accessible mental healthcare facilities in the country, the Government of India 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 767 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 for all including elderly, 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 objectives of DMHP are:

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

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.75 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

In order to ensure holistic development of adolescent population, the Ministry of Health and Family Welfare implements the Rashtriya Kishor Swasthya Karyakram (RKSK) since 2014. RKSK covers both school going and non-school going adolescents. It is a paradigm shift from the clinic-based services to promotion and prevention and reaching adolescents in their own environment, such as in schools, families and communities. Mental Health is one of the key thematic areas of RKSK apart from Sexual and Reproductive Health (SRH), nutrition, injuries and violence (including gender-based violence), non-communicable diseases and substance misuse.

The Ministry of Education, has been actively working towards improving the mental health and wellbeing of students across the country. An initiative of Ministry, MANODARPAN, covers a wide range of activities to provide psychological support to students, teachers and families for mental and emotional well-being during the COVID outbreak and beyond.

UGC has issued Guidelines for Promotion of Physical Fitness, Sports, Student's Health, Welfare, Psychological and Emotional Well- being at HEIs which provides for promoting

physical fitness and sports activities for students; creating safeguards against academic pressure, peer pressure, behavioural issues, stress, career concerns, depression and other issues on the mental health of students; to teach positive thinking & emotions in the student community; and to promote a positive and supportive network for students

The Government has also released the National Suicide Prevention Strategy in November, 2022. The Strategy is available on the website of this Ministry (<https://mohfw.gov.in/sites/default/files/National%20Suicide%20Prevention%20Strategy.pdf>).

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10th October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 19.03.2025, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 19,67,000 calls have been handled on the helpline number.

The Government has also launched Tele MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from well being to mental disorders.

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