

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

**LOK SABHA
UNSTARRED QUESTION NO. 1147
TO BE ANSWERED ON 05TH DECEMBER, 2025**

RISE IN MENTAL HEALTH CASES

1147. DR. RAJ KUMAR CHABBEWAL:

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

- (a) whether it is a fact that there has been a significant rise in the mental health cases and anxiety disorders among children and adolescents in the country;
- (b) if so, the details along with the reasons therefor;
- (c) whether the Government is taking any measures to prevent this alarming rise of mental health cases among the younger population in the country; and
- (d) if so, the details thereof and if not, the reasons therefor?

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

(a) to (d) As per the National Mental Health Survey (NMHS), 2015-16 of India conducted by the Government through the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in 12 States of the country, the prevalence of mental health disorders in the age group 13-17 years is about 7.3%.

To address the burden of mental disorders, 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.

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. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialties.

There are 47 Government run mental hospitals in the country, including 3 Central Mental Health Institutions, viz. National Institute of Mental Health and Neuro Sciences, Bengaluru, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam and Central Institute of Psychiatry, Ranchi. Mental Health Services are also provisioned in all AIIMS.

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.81 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.

“Emotional Wellbeing and Mental Health” is incorporated as a dedicated module under Ayushman Bharat School Health & Wellness Programme. Health and Wellness Ambassadors (Teachers) are trained on mental health along with other thematic areas of the programme, take interactive sessions with the students and percolate the messages through weekly sessions promoting joyful learning.

Under Rashtriya Bal Swasthya Karyakram (RBSK) Mobile Hut Teams (MHT) conduct health screening of children from birth to 18 years of age for the four Ds-Defects at birth, Diseases, Deficiencies, and Development delays, spanning 32 common health conditions for early detection and treatment and management, including surgeries at the tertiary level. The RBSK

focuses on improving the quality of life of children and providing comprehensive care to them in the community.

The Rashtriya Kishor Swasthya Karyakram (RKSK) of the Ministry of Health & Family Welfare through its interventions viz. Adolescent Friendly Health Clinics (AFHC), Peer Education Programme and Adolescent Health and Wellness Days (AH&WD) creates awareness on mental health issues and provides counselling services. Peer Educators form groups of 15-20 boys and girls in the community and conduct weekly one to two hour participatory sessions on adolescent health including mental health and wellbeing.

Ministry of Education (MoE), has launched an initiative, Manodarpan, with the aim to provide psychosocial support to students, their families and teachers across the country, for mental health and well-being . All activities undertaken under the Manodarpan initiative are aimed towards supporting the mental health and well-being of students from schools, colleges and universities, including those students who are preparing for competitive examinations.

University Grants Commission (UGC) has issued Guidelines for Promotion of Physical Fitness, Sports, Student's Health, Welfare, Psychological and Emotional Well-being at Higher Education Institutions (HEIs) on 13.04.2023, which provides for promotion of physical fitness and sports activities for students; creation of safeguards against academic pressure, peer pressure, behavioral issues, stress, career concerns, depression and other issues on the mental health of students; to teach positive thinking and emotions in the student community; and to promote a positive and supportive network for students.

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 27.11.2025, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 29,82,000 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. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.
