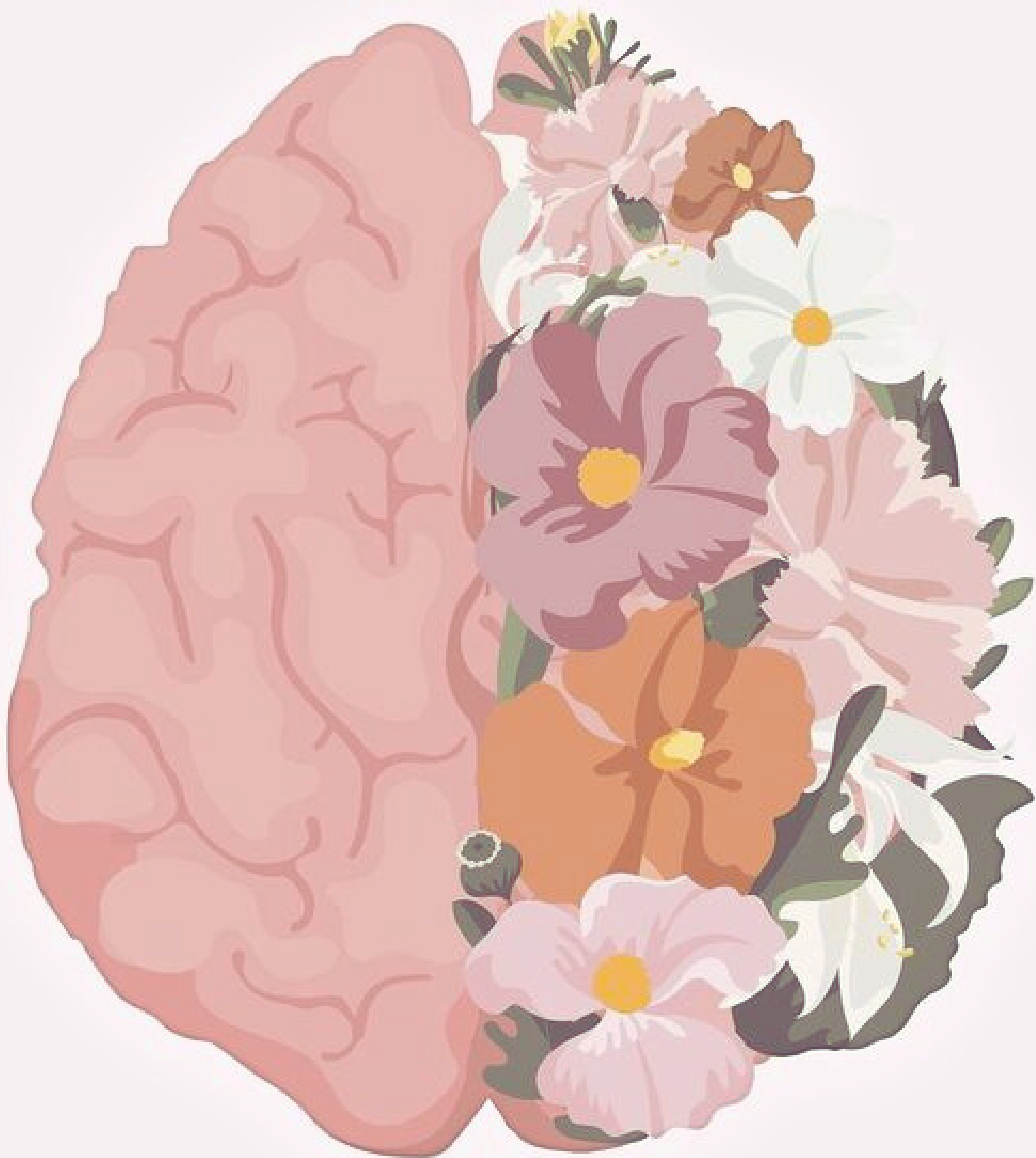


MINDDOC

MENTAL HEALTH MATTERS



REPORTS OF INDIA

HOW INDIA IS FIGHTING WITH MIND HEALTH ISSUES

Introduction

Welcome to our guide on mental health, where we address the challenges individuals encounter when their mental well-being is affected. Just like physical health, mental health is crucial for overall wellness. Bad mental health signifies struggles with thoughts and emotions, evident through persistent feelings of sadness, stress, changes in sleep patterns, energy levels, and withdrawal from activities.

Our guide seeks to illuminate the intricacies of mental health challenges in the diverse Indian context. By simplifying these complexities, we aim to foster awareness and open conversations, contributing to a compassionate and supportive community.

Enter MindDoc, our website designed as a supportive ally for those navigating mental health complexities. Recognizing the daunting task of seeking help, MindDoc offers a safe and accessible space. It provides information, practical tips, and resources, covering culturally sensitive approaches and strategies for seeking professional help. MindDoc is here to accompany you on your journey to better mental health, striving to build a community that prioritizes and values mental well-being, ensuring no one faces these challenges alone.

Percentage of people across India suffering from Mental Health conditions.

INDIAN STATISTICS

Suicidal ideation

Amount of People choosing suicide as an escape option is 5.5%

Alcohol

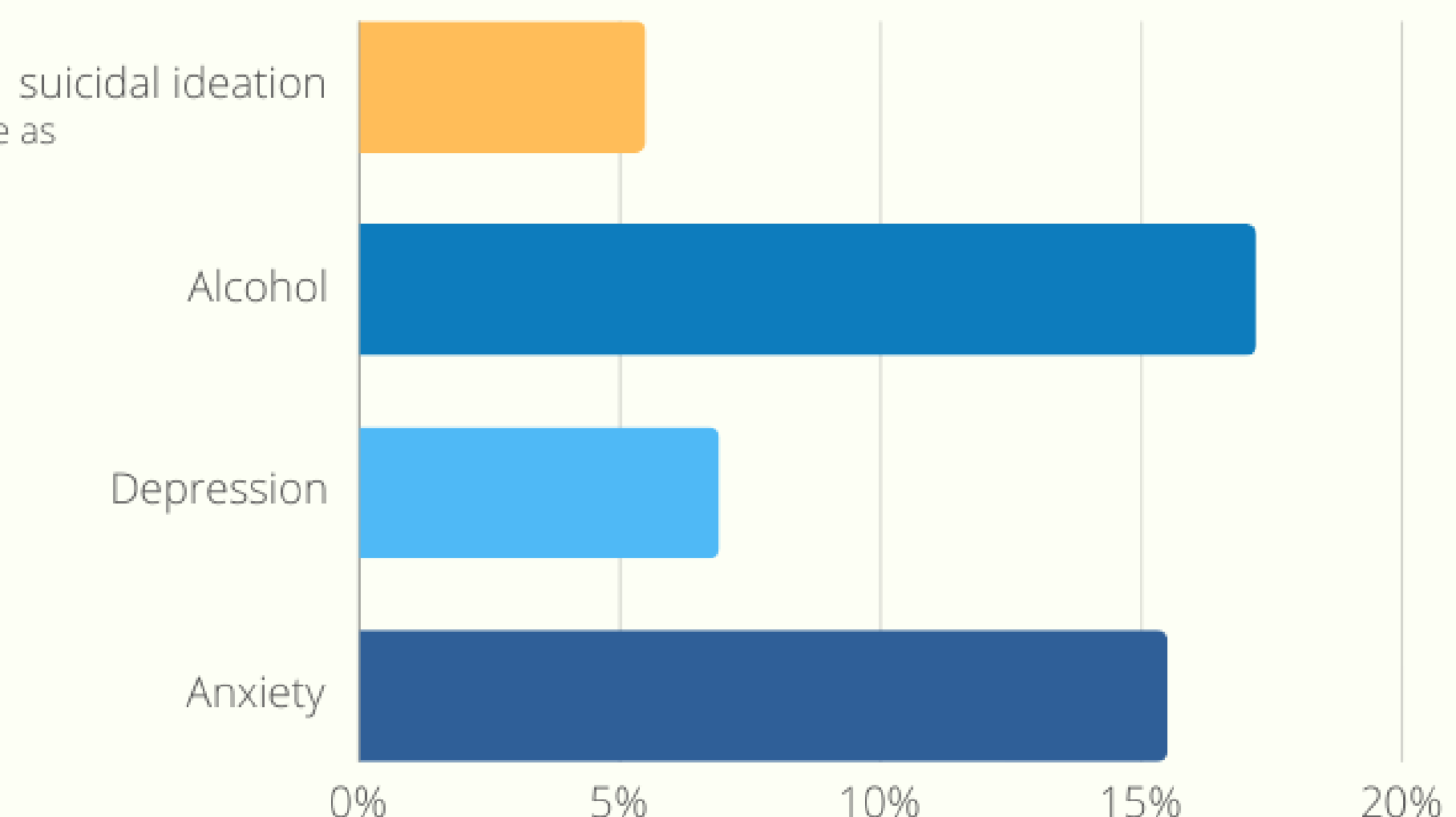
Amount of people using alcohol as their coping mechanism is 17.2%

depression

Amount of people having clinically detected depression is 6.9%

Anxiety

amount of people having clinically detected anxiety is 15.5%



DEPRESSION, ANXIETY ON THE RISE

of these had depressive disorders

4.5 crore

19.7 crore people had mental disorder in India in 2017

5 crore

had anxiety disorders

33.8%
Depressive disorders

19.0%
Anxiety disorders

10.8%
Idiopathic developmental intellectual disability

9.8%
Schizophrenia

The contribution of mental disorders to the total Disability Adjusted Life Years in India in 2017; up from 2.5 % in 1990

4.7%

Share in total mental disorders

EXPRESS
ILLUSTRATION

Psychiatric care

- Psychiatric care, which helps with mental health, is important, but in India, many people don't go to see a doctor for mental health reasons. There are a few reasons for this.
- Firstly, in our culture, some people feel embarrassed or ashamed about having mental health issues. They worry that others might look down on them. This makes it hard for them to admit they need help.
- Secondly, not everyone knows a lot about mental health. Some people might think it's just a small problem or that they should tough it out on their own. They don't realize that mental health issues are like any other health problem and need proper attention.
- Thirdly, in our society, mental health is not talked about as much as physical health. It's not given the same importance. People may not even realize that there are doctors who can help with mental health problems, just like there are doctors for other health issues.
- **Hence, in a statistics it was shown that there are very less doctors in India treating mental health patients.**

Psychiatric care

PSYCHIATRISTS PER 1 LAKH PEOPLE



● India ● WHO Recommended Level



- Mental health challenges impact individuals across all age groups. In childhood, issues like ADHD or anxiety may surface, affecting learning and social interactions.
- Adolescents often grapple with mood disorders, eating disorders, or self-esteem issues as they navigate the complexities of adolescence. Adults may face stress, depression, or anxiety related to work, relationships, and societal expectations.
- In the elderly, isolation, grief, and cognitive disorders can contribute to mental health struggles. Each life stage brings distinct pressures, contributing to the prevalence of mental health issues.
- Understanding that mental health is relevant at every age encourages empathy and support. Destigmatizing conversations around mental well-being promotes early intervention and comprehensive care, ensuring a healthier mental state for individuals at all points in their lives.
- The given below are the statistics showing mental illness in every age group in India along with gender-wise prevalence.

MID-LIFE VULNERABILITIES

INDIA
TODAY
GROUP

GENDER-WISE PREVALENCE OF MENTAL ILLNESS



AGE-WISE PREVALENCE OF MENTAL ILLNESS



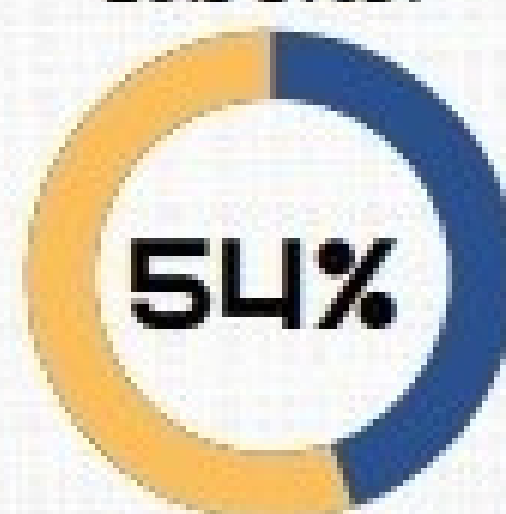
Source: Reply in Rajya Sabha on Dec 7, 2021; based on study of year 2016
Chart: Samrat Sharma, Jaipal Sharma

- Over the years, there has been a positive shift, and people are increasingly speaking up about mental health. Breaking the silence surrounding mental health challenges has become more common, reducing stigma and fostering a supportive environment.
- This cultural change encourages individuals to share their experiences openly, promoting understanding and empathy.
- As discussions around mental health become more prevalent, it contributes to building a society that recognizes the importance of mental well-being and encourages seeking help when needed.
- In the year 2021, 92% of the population suffering from mental illness took help by being vocal.

38%

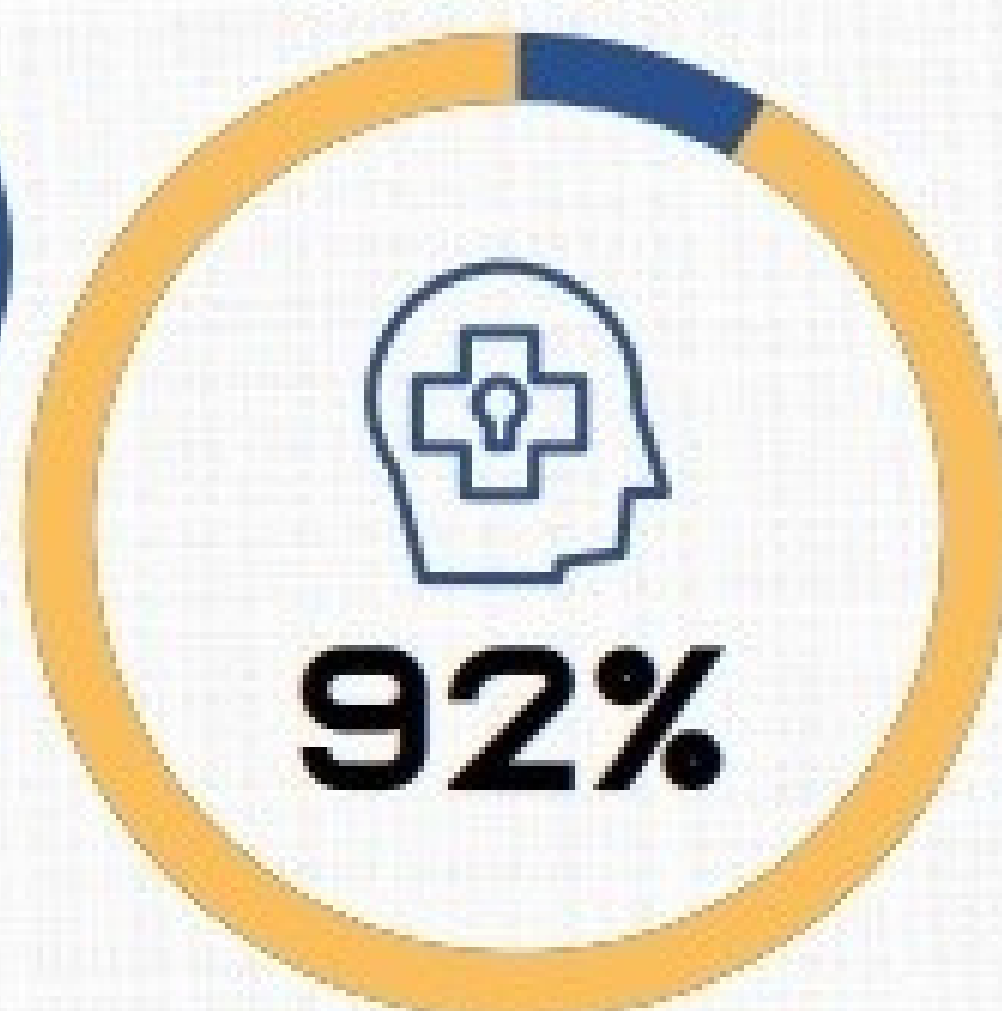
increase in share of respondents from 2018 to 2021 who said that they would seek mental health treatment for themselves if required⁸

2018 STUDY



N=3556

2021 STUDY



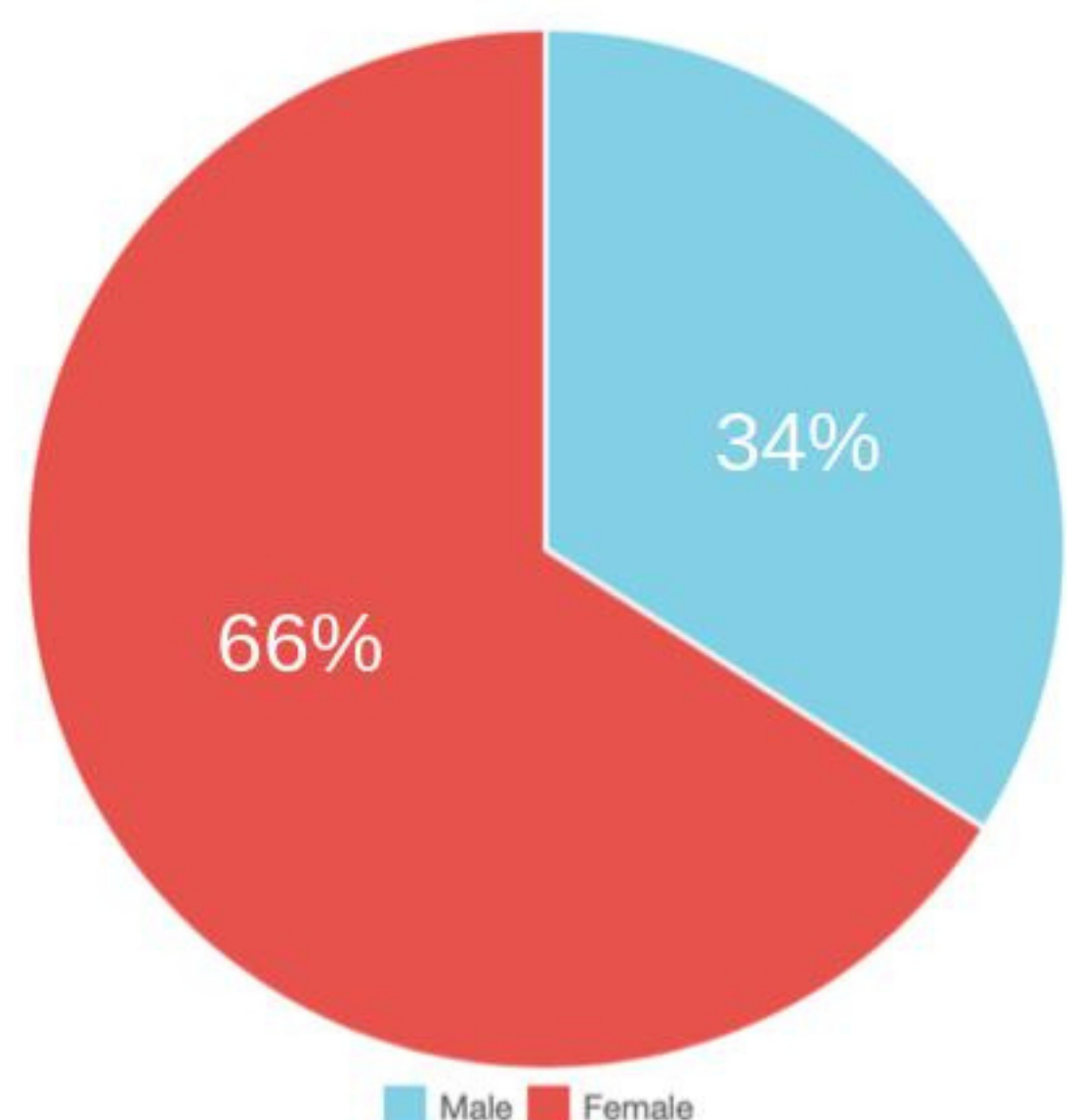
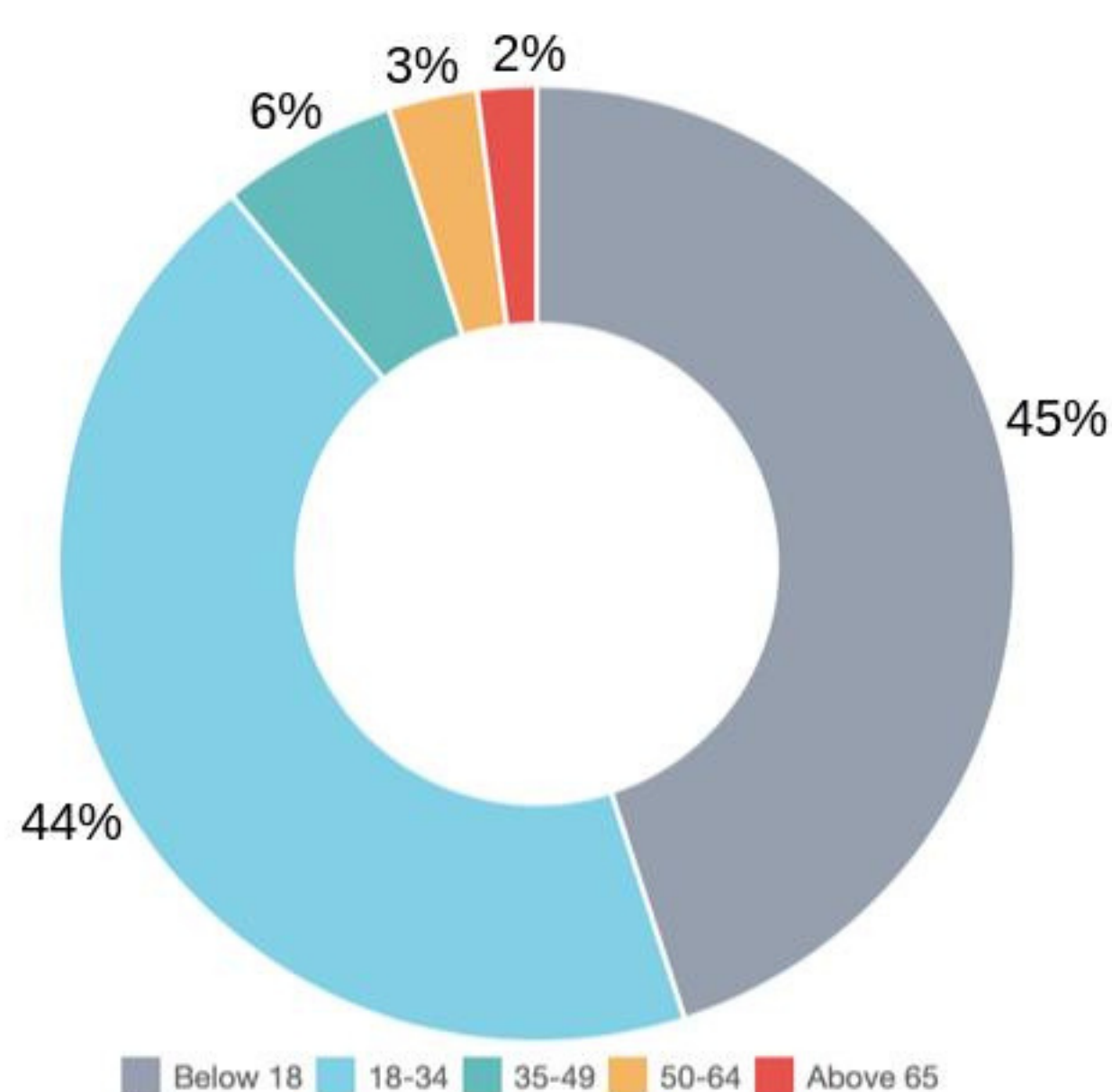
N=3497

Phobias

- Phobias, those intense and often irrational fears, impact the lives of millions of people globally, and India is no exception. These fears, deeply ingrained in the human psyche, can be influenced by a myriad of factors such as culture, environment, and personal experiences. Delving into the prevalence of phobias among Indians reveals intriguing insights, shedding light on the fear that shape their daily lives.
- Lets have a look on some common phobias in Indians:
- According to recent surveys and studies, a significant portion of the Indian population grapples with various phobias. The statistics offer a glimpse into the widespread nature of these anxieties:
- **Heightened Anxieties:** Around 10% of Indians experience Acrophobia, an intense fear of heights, affecting their ability to navigate elevated spaces confidently.
- **Crowded Concerns:** Claustrophobia, the fear of confined spaces, affects approximately 12% of the population, highlighting the challenges faced in bustling urban environments with limited personal space.
- **Arachnophobia** Affects Many: Nearly 15% of Indians harbor Arachnophobia, a fear of spiders, despite the majority of these creatures being harmless.
- **Snake Worries:** Ophidiophobia, the fear of snakes, impacts almost 1 in 8 individuals in India, influenced by the diverse snake population in the country.
- **Telephonophobia (Fear of Telephones):** In the age of constant communication, some individuals in India may feel uneasy or anxious about talking on the phone, which can impact personal and professional interactions.

- The given stats show how much people are affected by phobias on a daily basis age wise and gender wise.
- The teenagers are highly affected by various phobias as compared to older people, it is very crucial to keep in mind the softness of a kid's brain in childhood and helping them overcome fears from a very young age.
- The amount of women facing phobias are evidently higher than men.

PHOBIAS BY AGE AND GENDER



About MindDoc

- MindDoc is an all-in-one digital therapeutics platform that helps people manage their mental health concerns. Our current focus is to help people especially youth, suffering from depression.
- We have a Goal-based approach towards self healing. Our all-inclusive plans help you feel right, be more active and empower you to take better care of yourself

Disclaimer

While we have made every attempt to ensure that the information contained in this survey is accurate, MindDoc is not responsible for any errors or omissions, or for the results obtained from the use of this information. All information in this report is provided "as is", with no guarantee of completeness, accuracy, timeliness, or of the results obtained from the use of this information, and without warranty of any kind, express or implied, including, but not limited to warranties of performance, merchantability, and fitness for a particular purpose.

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