1. **Stress**
2. **Social Isolation**
3. **Trauma and Childhood Adversity**
4. **Lack of Access to Care**
5. **Prevalence of Mental Disorders**: The survey estimated that approximately 150 million Indians were in need of mental health interventions, with around 10-20% of the population suffering from some form of mental disorder.
6. **Treatment Gap**: The survey highlighted a significant treatment gap, with a vast majority of individuals with mental health issues not receiving adequate treatment or support.
7. **Urban-Rural Disparities**: There were variations in the prevalence of mental disorders between urban and rural areas, with urban areas showing higher rates.
8. **Gender Differences**: The survey revealed gender differences in the prevalence of mental disorders, with women being more likely to experience common mental disorders like depression and anxiety.
9. Age **Groups**: Mental health issues were found to affect different age groups differently, with specific age groups like adolescents and the elderly being particularly vulnerable.
10. **Substance Abuse**: The survey reported a substantial prevalence of substance abuse and addiction issues in certain regions of India.
11. **Stigma**: Stigma and discrimination related to mental health were identified as significant barriers to seeking help and treatment.
12. **Access to Care**: Limited access to mental healthcare facilities and trained professionals was identified as a challenge, particularly in rural areas.
13. **Policy Recommendations**: The survey provided valuable data to inform mental health policy in India, emphasizing the need for increased investment in mental healthcare infrastructure, awareness campaigns, and destigmatization efforts.
14. **Increased Stress Levels:**
    1. 74% of respondents reported higher stress levels compared to the previous year.
    2. The pandemic and its associated uncertainties were cited as the primary sources of stress.
15. **Impact of Isolation:**
    1. 61% of respondents indicated that social isolation had negatively affected their mental health.
    2. Loneliness and lack of in-person social interactions were common themes in open-ended responses.
16. **Seeking Professional Help:**
    1. 48% of those surveyed had sought professional mental health support during the past year.
    2. Telehealth services were frequently used, reflecting a shift toward remote mental health care.
17. **Coping Strategies:**
    1. Exercise (68%) and mindfulness practices (54%) were the most popular self-help methods.
    2. Many also turned to hobbies, such as art and music, as a means of coping.
18. **Stigma Reduction:**
    1. 62% of respondents believed that the stigma surrounding mental health had reduced compared to previous years.
    2. This suggests growing awareness and acceptance of mental health issues.
19. **Workplace Impact:**
    1. 45% of employed respondents reported that their workplace had implemented mental health initiatives in response to the pandemic.