

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

**RAJYA SABHA  
UNSTARRED QUESTION NO. 1015  
TO BE ANSWERED ON 07<sup>TH</sup> DECEMBER, 2021**

**MENTAL HEALTH PATIENTS AND DOCTORS IN THE COUNTRY**

**1015. SHRI RAKESH SINHA:**

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

- (a) the number of Mental health (psychiatric) patients in India;
- (b) the ratio of male, female and children patients;
- (c) the age distribution of such patients;
- (d) the ratio between psychiatric patients and doctors;
- (e) whether there is facility to treat mental illness in all the hospitals;
- (f) whether it is a fact that the number of mental health patients increased in India since 1990's;  
and
- (g) if so, the reasons for such increase and steps taken to curb it; and
- (h) the steps being taken to spread awareness about mental illness?

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

**(a) to (c):** The Government conducted the National Mental Health Survey (NMHS) of India through the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru, in 2016, as per which the prevalence of mental disorders in adults over the age of 18 years is about 10.6%. Significant gender differentials exist with regard to different mental disorders. The overall prevalence of mental morbidity was higher among males (13.9%) than among females (7.5%); Prevalence of mental disorders/morbidity in age group 13-17 was 7.3%, 18 – 29 years: 7.5%, 30-39 years: 14.6%, 40-49 years: 18.4%, 50-59 years: 16.1% and 60 years and above: 15.1%.

**(d):** In India, there is about 0.75 psychiatrist available per lakh population.

**(e):** The Mental Healthcare Act, 2017 provides for integration of mental health services into general healthcare services at all levels of healthcare including primary, secondary and tertiary healthcare and in all health programmes run by the appropriate Government. As such, the mental healthcare services are extended through various levels of healthcare delivery systems.

As per the available information, 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. Department of Psychiatry has also been set up in each of the newly established All India Institute of Medical Sciences (AIIMS) and similar provision has been made in the upcoming new AIIMS. Similarly, many other Central as well as State Government hospitals also have Psychiatry Departments.

In addition to the above, the Government is also taking steps to strengthen mental healthcare services at the primary healthcare level. Mental healthcare services have been added in the package of services under Comprehensive Primary Health Care under Ayushman Bharat HW Scheme. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Health and Wellness Centers (HWC) have been released under the ambit of Ayushman Bharat.

**(f) & (g):** According to "The burden of mental disorders across the states in India: the Global Burden of Disease Study 1990-2017" while the prevalence of mental disorders with onset in childhood and adolescence decreased in India from 1990 to 2017", the prevalence of mental disorders manifest predominantly during adulthood increase during this period.

In order to curb such increase, the Government is implementing manpower development scheme under National Mental Health Programme (NMHP) for establishment of Centres of Excellence and strengthening/ establishment of Post Graduation (PG) Departments in mental health specialities. Till date, support has been provided for establishment of 25 Centres of Excellence and strengthening/ establishment of 47 Post Graduate (PG) Departments in four mental health specialities viz. (i) Psychiatry, (ii) Clinical Psychology, (iii) Psychiatric Nursing and (iv) Psychiatric Social Work, in the country.

In addition, the Department of Health and Family Welfare is implementing the National Mental Health Programme (NMHP). Under NMHP, as part of National Health Mission (NHM), technical and financial support is provided to the States/UTs, based on the proposals received from them, for implementation of the District Mental Health Programme (DMHP), which includes provision of 10 bedded in-patient facility at the District level. The service delivery for mental healthcare through DMHP is aligned with the provisions of the Mental Healthcare Act, 2017. The Government is supporting implementation of the District Mental

Health Programme (DMHP) under NMHP in 692 districts of the country with the objectives to:

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

**(h)** To generate awareness among masses about mental illnesses Information, Education and Communication (IEC) activities are an integral part of the NMHP. At the District level, funds upto 4 lakhs per annum are provided to each District under DMHP under the Non-Communicable Diseases flexi-pool of National Health Mission for IEC and awareness generation activities in the community, schools, workplaces, with community involvement. Under the DMHP various IEC activities such as awareness messages in local newspapers and radio, street plays, wall paintings etc. are undertaken by States/ UTs. Further, funds upto Rs.12 lakhs per annum are provided to each district supported under DMHP for targeted interventions with the following objectives:

- (i) To provide class teachers with facilitative skill to promote life skill among their students.
- (ii) To provide the class teachers with knowledge and skills to identify emotional conduct, scholastic and substance use problems in their students.
- (iii) To provide class teachers with a system of referral for students with psychological problems to the District Mental Health Team for inputs and treatment.
- (iv) To involve other stakeholders like parents, community leaders to enhance development of adolescents etc.

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