

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

**RAJYA SABHA
STARRED QUESTION NO. 60
TO BE ANSWERED ON THE 1ST MARCH, 2016
AWARENESS CAMPAIGN AGAINST DEPRESSION AND MENTAL
ILLNESSES**

***60. SHRIMATI VANDANA CHAVAN:**

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

- (a) whether Government has taken cognizance of large number of people suffering from depression in the country and whether the Ministry have any data regarding the number of people who have committed suicide due to depression;
- (b) if so, whether any study has been undertaken to determine the cause of depression especially among students and youth;
- (c) the steps taken by Government for detection, management and treatment of cases of depression; and
- (d) whether Government proposes to launch any programme to generate awareness among the masses towards depression and other forms of mental illness, if so, the details thereof?

**ANSWER
THE MINISTER OF HEALTH AND FAMILY WELFARE
(SHRI JAGAT PRAKASH NADDA)**

(a) to (d): A statement is laid on the Table of the House

STATEMENT REFERRED TO IN REPLY TO RAJYA SABHA

STARRED QUESTION NO. 60* FOR 1ST MARCH, 2016

(a) As informed by the National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore, the chance of experiencing at least one depressive episode by an individual during the entire life time is about 10%. Depression is one of the important causes of suicide and suicidal attempts. The data regarding the number of people committing suicide due to depression is not maintained centrally. However, as per Accidental Deaths and Suicides in India reports published by the National Crime Records Bureau, the incidents of suicides due to mental illness during the year 2012, 2013 and 2014 have been 7769, 8006 and 7104 respectively.

(b) While no specific data for causes of depression especially among students and youth is maintained centrally, NIMHANS, Bangalore has reported that academic stress, bullying, failure in academics, family discord, failure in interpersonal relations, etc. are some of the identified causes for depression in the students and youth.

(c) To address the burden of mental disorders, the Government of India is implementing the National Mental Health Programme (NMHP) and the District Mental Health Programme (DMHP). Funds have been released for 241 districts in the country under the DMHP for detection, management and treatment of mental disorders/ illness. With the objective to address the shortage of mental health professionals in the country, 15 Centers of Excellence in Mental Health and 35 PG training departments in mental health specialties to increase the PG training capacity in mental health as well as improving the tertiary care treatment facility have been funded. Besides, three Central Institutions viz. National Institute of Mental Health And Neuro Sciences, Bangalore, Lokopriya Gopinath Bordoloi

Regional Institute of Mental Health, Tezpur and Central Institute of Psychiatry, Ranchi have been strengthened for augmenting the human resources in the area of mental health and for capacity building in the country. During the 12th Five Year Plan, the DMHP has been restructured to include additional components like suicide prevention services, work place stress management, life skills training and counseling in schools and colleges. Support is also provided for Central/ State Mental Health Authorities, Research and Training and Information, Education and Communication (IEC) activities.

(d) As per approved programme, the strategy of NMHP includes generation of awareness towards mental illnesses including depression through various IEC activities. Also, under the DMHP, various IEC activities like awareness messages in local newspapers and radio, street plays, wall paintings etc. are organized.
