

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 1210
TO BE ANSWERED ON 6TH MARCH, 2018**

PEOPLE AFFECTED BY MENTAL HEALTH ISSUES

1210. SHRI MAHESH PODDAR:

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

- (a) the number of people affected by mental health issues in the last three years;
- (b) whether it is a fact that according to a WHO sponsored study in 2011, India has been ranked as the most depressed country in the world;
- (c) whether counselling sessions have been made mandatory in all kinds of institutions ranging from schools to offices, if so, the details thereof, if not, the reasons therefor; and
- (d) the measures taken by Government to address the stigma of mental health problems in the rural areas?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI ASHWINI KUMAR CHOUBEY)**

- (a): The data of people affected by mental health issues is not maintained centrally.
- (b): As per the World Health Organisation's Report "Depression and Other Common Mental Disorders – Global Health Estimates" released in 2017, the estimated prevalence of depressive disorders in India is 4.5% of the total population. However, as per the National Mental Health Survey conducted by the National Institute of Mental Health and Neuro Sciences, Bangalore in 12 States of the country, the prevalence of depressive disorders in India is estimated to be 2.7% of the total population.
- (c) & (d): Counselling sessions have not been made mandatory in educational institutions and offices. However, the Government is implementing a District Mental Health Programme (DMHP) for detection, management and treatment of mental disorders/illness in 517 districts of the country under the National Mental Health Programme (NMHP), which is being implemented since 1982. The major components of DMHP are counselling in schools and colleges, work place stress management, life skills training, suicide prevention services and IEC activities for generation of awareness and removal of stigma associated with Mental Illness.

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