

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 2183
TO BE ANSWERED ON 22ND MARCH, 2022**

SURVEY ON MENTAL HEALTH RELATED ISSUES

2183. DR. ANIL AGRAWAL:

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

- (a) whether the Ministry conducted any survey on issues relating to mental health in the country;
- (b) if so, what has been the findings of the survey;
- (c) whether COVID-19 pandemic led to a rise in cases of mental health issues like depression and anxiety;
- (d) if so, the initiatives taken by the Ministry to deal with the situation; and
- (e) whether Ministry plans to take measures to raise awareness about various aspects of mental health?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE**

(DR. BHARATI PRAVIN PAWAR)

(a) & (b): As per the National Mental Health Survey conducted by the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country, the prevalence of mental disorders including common mental disorders, severe mental disorders, and alcohol and substance use disorders (excluding tobacco use disorder) in adults over the age of 18 years is about 10.6%. The major findings of the survey are as under:

- i. The prevalence of mental morbidity is high in urban metropolitan areas.
- ii. Mental disorders are closely linked to both causation and consequences of several non-communicable disorders (NCD).
- iii. Nearly 1 in 40 and 1 in 20 persons suffer from past and current depression, respectively.
- iv. Neurosis and stress related disorders affect 3.5% of the population and was reported to be higher among females (nearly twice as much in males).
- v. Data indicate that 0.9 % of the survey population were at high risk of suicide.
- vi. Nearly 50% of persons with major depressive disorders reported difficulties in carrying out their daily activities.

(c) & (d): Realizing the impact that COVID-19 may have on the mental health of the people, the Government has taken a number of initiatives, including -

- (i) Setting up of a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, adult, elderly, women and healthcare workers. Till date a total of 5,77,743 calls have been received on the helpline.
- (ii) Issuance of guidelines/ advisories on management of mental health issues, catering to different segments of the society.
- (iii) Advocacy through various media platforms in the form of creative and audio-visual materials on managing stress and anxiety, and promoting an environment of support and care for all.
- (iv) Issuance and dissemination of detailed guidelines by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru- "Mental Health in the times of COVID-19 Pandemic - Guidance for General Medical and Specialized Mental Health Care Settings".
- (v) All the guidelines, advisories and advocacy material can be accessed on Ministry of Health and Family Welfare website under "Behavioural Health – Psychosocial helpline" (<https://www.mohfw.gov.in/>).
- (vi) Online capacity building of health workers by NIMHANS in providing psychosocial support and training through (iGOT)-Diksha platform.

Further, with a view to provide affordable and accessible mental healthcare facilities, the Government is implementing the National Mental Health Programme (NMHP) in the country. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 704 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC) levels, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc. In addition to above services there is a provision of 10 bedded in-patient facility at the District level.

Besides the above, the Government has announced a "National Tele Mental Health Programme" in the Budget of 2022-23, to further improve access to quality mental health counselling and care services in the country.

(e): 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, sufficient funds are provided to each District under the 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 the States/UTs.
