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Title: Regarding mental health problems afflicting youngsters.

SHRI ANUBHAV MOHANTY (KENDRAPARA): Sir, the UNICEF conducted a survey across 21 countries to ascertain as to how many youngsters feel good to seek support for mental health problems. In India, it was only 41 per cent of the young people who felt that it is good to seek support for mental health problems. Further, around 14 per cent of the youth between the age of 15 and 24 reported often feeling depressed or having little interest in doing things. The disruption to routines, education, recreation, as well as concern for family income and health, is leaving many young people feeling a sense of insecurity for their future. This would require introduction of a focussed, youth-oriented, inclusive and accessible mental health curriculum in schools. Besides constant involvement in exciting and provocative sites on social media contribute towards growing unrest in the minds of the youngsters. Understanding the problem will definitely help in getting over it. It is requested that the Government may please look into these issues and take remedial steps. Therefore, there is an immediate need to address these growing concerns among the young and create awareness about the importance of emotional well-being, remove the taboo around mental illness and sensitize students/individuals who may be in distress.