

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

**LOK SABHA
UNSTARRED QUESTION NO. 1191
TO BE ANSWERED ON 09TH FEBRUARY, 2024**

CASES OF DEPRESSION, ANXIETY AND STRESS

1191. SHRIMATI MALA ROY:

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

- (a) whether the Government has any report stating that fifty percent of youth between twenty four to thirty five years age group are suffering from depression, anxiety and stress including forty five percent of people between age thirty five to forty five are also having the same problem in the country;
- (b) if so, the details thereof; and
- (c) the action taken/proposed to be taken by the Government to protect people from such massive depression, anxiety and stress to protect from such suffering and overcome major side effects on health in the country?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(PROF. S. P. SINGH BAGHEL)**

(a) to (c): The Government conducted the National Mental Health Survey (NMHS), 2016 of India through the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru in 12 States of the country, as per which the prevalence of Neurotic and Stress related disorders is 3% to 4.65% for the age group of 18-49 years.

To address the burden of mental disorders, 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 738 districts for which support is provided to States/UTs through the National Health Mission. Facilities made 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.

Under the tertiary care component of NMHP, 25 Centres of Excellence have been sanctioned to increase the intake of students in PG departments in mental health specialities as well as to provide tertiary level treatment facilities. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialities. Mental Health Services are also provisioned for 22 AIIMS. These services are also available under PMJAY.

In addition to the above, the Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.6 lakh SHCs, PHCs, UPHCs and UHWCs to Ayushman Arogya Mandirs. Mental health services have been added in the package of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

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.

Besides the above, the Government has launched a “National Tele Mental Health Programme” (NTMHP) on 10th October, 2022, to improve access to quality mental health counselling and care services in the country. As on 30.01.2024, 34 States/ UTs have set up 47 Tele MANAS Cells and have started tele mental health services. More than 6,28,000 calls have been handled on the helpline number.
