

Steps Taken by the Government to Address Mental Health Problems in the Country

Under the tertiary care component of the National Mental Health Programme, 25 Centres of Excellence have been sanctioned to increase the intake of students in PG departments in mental health specialties.

The impactful 'National Tele Mental Health Programme', launched on October 10, 2022, has significantly improved the country's access to quality mental health counseling and care services, marking a significant step forward in our mental health initiatives. The 'Tele MANAS Mobile App', a crucial tool launched to provide comprehensive support for mental health issues, is a significant step towards addressing mental health challenges.

As of November 22, 2024, 53 Tele MANAS Cells were set up across 36 States/ UTs; more than 15.95 lakh calls were handled on the helpline number.

To address the mental health problems in the country, the Government of India has been making continuous efforts to increase the number of mental healthcare professionals.

National Mental Health Programme (NMHP)

The government of India is implementing the National Mental Health Programme (NMHP). 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 specialties and provide tertiary-level treatment facilities. Further, the government has supported 19 medical colleges/institutions to strengthen 47 PG Departments in mental health specialties.

District Mental Health Programme (DMHP)

The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts, for which support is provided to States/UTs through the National Health Mission. One component of DMHP is to provide training to specialist and non-specialist cadres such as Medical Officers, Psychologists, Social Workers, and Nurses.

Strengthening mental healthcare services at the primary healthcare level

The government is also strengthening mental healthcare services at the primary healthcare level. The government has upgraded more than 1.73 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added to the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

Workforce availability

The government is also augmenting the availability of workforce to deliver mental healthcare services in the underserved areas of the country by providing online training courses to various categories of general healthcare medical and para-medical professionals through the Digital Academies, established in 2018, at the three Central Mental Health Institutes namely National Institute of Mental Health and Neuro Sciences, Bengaluru, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam, and Central Institute of Psychiatry, Ranchi. The total number of professionals trained under Digital Academies is 42,488.

Also, 66 institutions/universities are offering M.Phil Clinical Psychology courses. The Council launched the B.Sc. Clinical Psychology (Hons.) course from the academic session 2024- 25 and granted approval to 19 universities to offer this course to develop more clinical psychology professionals.

National Tele Mental Health Programme

Besides the above, the government launched a "National Tele Mental Health Programme" on October 10, 2022, to further improve the country's access to quality mental health counseling and care services. As of November 22, 2024, 36 States/ UTs have set up 53 Tele MANAS Cells and started telemental health services. More than 15,95,000 calls have been handled on the helpline number.



Tele MANAS Mobile Application

The government has also launched the Tele MANAS Mobile Application on October 10, 2024, World Mental Health Day. Tele-MANAS Mobile Application is a comprehensive mobile platform developed to provide support for mental health issues, from well-being to mental disorders.

References

<https://pib.gov.in/PressReleasePage.aspx?PRID=2084186>

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