



# Mental Health Initiatives in India

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## Why in News?

Recently, the Ministry of Health and Family Welfare has shed light on the initiatives aimed at addressing [mental health concerns in the country](#).

## What are the Highlighted Mental Health Initiatives?

- **National Mental Health Programme (NMHP):**
  - The [NMHP](#), initiated in 1982 and restructured in 2003, aims to **modernize mental health facilities and upgrade psychiatric wings** in medical institutions.
  - Additionally, the [District Mental Health Programme \(DMHP\)](#) since 1996 has focused on community mental health services at the primary healthcare level, spanning 716 districts.
    - DMHP provides outpatient services, counselling, psycho-social interventions, and support for severe mental disorders at community health and primary health centres.
  - Together, they constitute a comprehensive strategy for mental health care in India.
- **National Tele Mental Health Programme:**
  - NTMHP was launched in October 2022, to further improve access to quality mental health counselling and care services in the country.
  - **National Institute of Mental Health and Neuro Sciences (NIMHANS), Bengaluru** is the National Apex Centre, coordinated activities of [Tele MANAS](#) across India.
    - 25 States/UTs have established 36 [Tele Mental Health and Normalcy Augmentation Systems \(MANAS\)](#) Cells for extending mental health services.
    - Handling a total of 63,806 calls on the helpline number.
- **NIMHANS and iGOT-Diksha Collaboration:**
  - NIMHANS provides psychosocial support and training through the **(iGOT)-Diksha platform**.
    - Online training for health workers conducted by NIMHANS on the (iGOT)-Diksha platform.
- **Ayushman Bharat - HWC Scheme:**
  - The [Ayushman Bharat - Health and Wellness Centres \(AB-HWCs\)](#) are part of the [Ayushman Bharat Programme](#).
    - The program aims to provide a wider range of services, including preventive, promotive, curative, rehabilitative, and palliative care (a specialized medical approach that **aims to improve the quality of life for people with serious illnesses**).
  - Operational guidelines on **Mental, Neurological, and substance use disorders (MNS)** at **Health and Wellness Centres (HWC)** have been released under the ambit of Ayushman Bharat.
- **Addressing Pandemic-Induced Mental Health Challenges:**
  - The Government has established a **24/7 helpline offering psychosocial support to various population segments**.
    - Issuance of guidelines and advisories catering to **different societal groups**.
  - Advocacy through diverse media platforms to manage stress and anxiety, fostering a

supportive environment.

- **Financial Support for Mental Health Institutions:**

- The District Mental Health Programme receives a fund allocation of Rs. 159.75 Crore for States/UTs under the [National Health Mission for 2022-23](#).

## Other Initiatives Related to Mental Health

- [World Mental Health Day](#).
- [Kiran Helpline](#).
- [Rashtriya Kishor Swasthya Karyakram](#).

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