

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 1536
TO BE ANSWERED ON 15TH MARCH, 2022**

**COUNSELLING FOR DEPRESSION, ANXIETY AND POST TRAUMATIC STRESS
DISORDERS**

1536. SHRI N.R. ELANGO:

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

whether Government is aware that the number of patients reporting mood swings, depression, stress, anxiety, severe post traumatic stress disorders, or depressive symptoms is increasing and need counselling and support?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(DR. BHARATI PRAVIN PAWAR)**

As per the National Mental Health Survey, 2016, in adults over the age of 18 years, the prevalence of mood (affective) disorders is 2.8 %, neurotic, stress-related disorders is 3.5 %, phobic anxiety disorders is 1.9 %, other anxiety disorders is 1.2 %, post traumatic stress disorder is 0.2 % and depressive disorder is 2.7 %.

For providing 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, inter-alia, 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.
