

World Mental Health Day 2023



#ResponsiveGovernance



What is Mental Health?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. Mental health includes our emotional, psychological, and social well-being. Our mental health strongly affects our own lives, and the ways in which we shape the world around us. Mental health, therefore, has intrinsic and instrumental value, helping us to connect, function, cope, and thrive.

In India, mental disorders are among the leading causes of non-fatal disease burden. One in seven Indians were affected by mental disorders of varying severity in 2017. And worryingly, the proportional contribution of mental disorders to the total disease burden in India has almost doubled since 1990. As per the WHO, the estimated economic loss due to mental health between 2012 and 2030 amounts to a staggering ₹85.25 lakh crore. Furthermore, mental healthcare is often unaffordable.

Reshaping the determinants of mental health often requires action beyond the health sector and so promotion and prevention programme involve the education, labour, justice, transport, environment, housing, and welfare sectors. The government can facilitate multisectoral collaboration and coordination, enabling a broad-based response.



India aims to protect vulnerable groups and provide social services. Since the determinants of mental health are diverse and varied and merit a response across many sectors, the government is best placed to form policy and programmes to intervene.

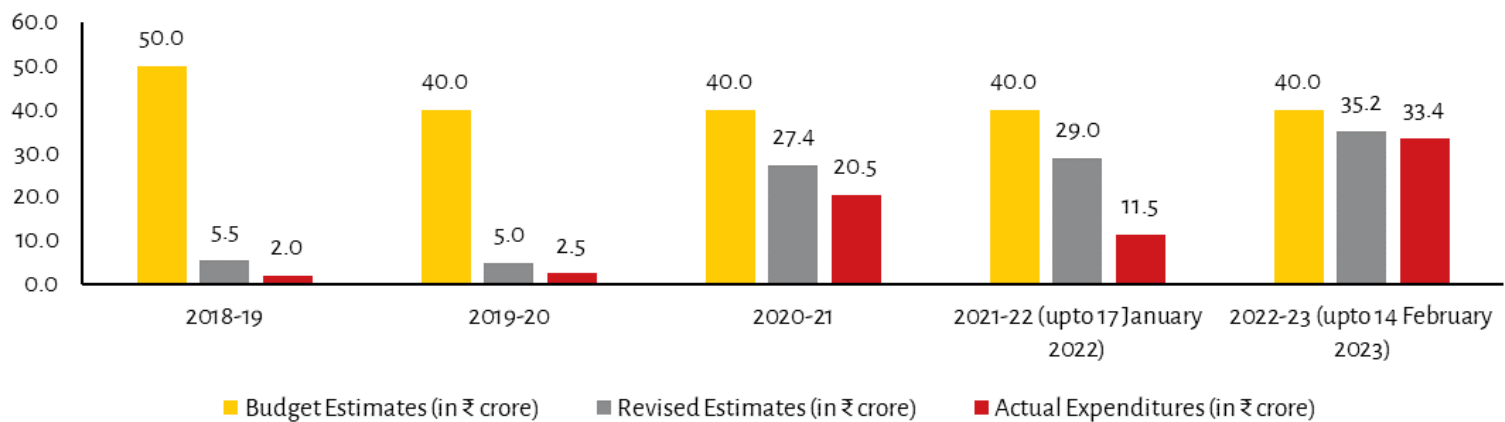
Implementing the Mental Healthcare Act (2017) would cost over ₹90,000 crore annually as per estimates.

*Indian J Psychiatry. 2019 Apr; 61(Suppl 4): S650–S659.



The National Mental Health Programme was launched by the Government of India in 1982, with the aim to ensure the availability and accessibility of minimum mental healthcare for all; encouraging the application of mental health knowledge in general healthcare and in social development; and to promote community participation in the mental health service development. One concern for the scheme has been under utilisation of funds, as pointed out by several recent Rajya Sabha Committee Reports. For instance, in FY 2018-19, less than 5 per cent of Budget Estimates were spent. Similarly, in FY 2019-20, less than 7 per cent of Budget Estimates were spent. However, there has been an improvement in spending. In FY 2022-23, 84 per cent of Budget Estimates had been spent by 14 February 2023.

NATIONAL MENTAL HEALTH PROGRAMME ALLOCATIONS AND EXPENDITURES



Source: indiabudget.gov.in and Rajya Sabha Committee Reports.

National Tele Mental Health Programme has been launched by the Government of India to Provide universal access to equitable, accessible, affordable and quality mental health care through 24x7 tele-mental health counselling services as a digital component of the National Mental Health Programme (NMHP) across all Indian States and UTs with assured linkages. In FY 2022-23 Revised Estimates ₹121 crore was allocated for the scheme, which rose to ₹134 crore in FY 2023-24 Budget Estimates.

The PULSE for Development Coffee Chat sessions, titled 'Change Agents: Reframing the Disability Experience' and 'Promoting Inclusive Education for Children with Disabilities,' emphasised the often-overlooked aspect of mental health in disability discussions. Speakers advocated for a shift in perspective, viewing mental health as a societal concern and centred the need for increased collaboration among Civil Society Organisations (CSOs), government entities, and policymakers.

