



## World Mental Health Day 2022

**For Prelims:** World Mental Health Day, Covid-19, Indian Initiatives for Mental Health, Manodarpan, National Mental Health Program, Mental HealthCare Act 2017

**For Mains:** Issue of Mental Health

### Why in News?

On the occasion of [World Mental Health Day \(10<sup>th</sup> October\)](#), the Lancet released a report titled “**Ending Stigma and Discrimination in Mental Health**” and called for **radical action to end stigma and discrimination associated with mental health**.

### What are the Findings of the Report?

#### ▪ Prevalence of Mental Health Condition:

- Nearly one billion people globally are living with a mental health condition.
- One out of seven in the age bracket of **10-19-year-olds suffers from a mental condition**.
  - These people experience a **double threat** – the impact of the condition itself and the damaging social consequences of **stigma and discrimination**.
- The [Covid-19 pandemic](#) helped highlight the **urgent mental health situation across the world**.
  - There was an estimated 25 % rise in the **prevalence of depression and anxiety in the first year of the pandemic**.

#### ▪ Impact:

- 90% of people living with mental health conditions feel negatively impacted by stigma and discrimination.
- Stigma can “**cause social exclusion and disempowerment of people with mental health conditions** leading to **discrimination and human rights violations**, including problems in accessing healthcare, challenges in securing employment, and increased likelihood of health complications leading to early death.

#### ▪ Indian Scenario:

- Though there is a gradual reduction of stigma in India, it continues to be a **real and present problem**.
- Women with a diagnosis of severe mental disorder and their family members do face more stigma which has **ramifications for marriage and employment preventing social inclusion**.
- The Indian media, especially the visual media like television serials continue to portray mental illness negatively.

#### ▪ Suggestions:

- There should be **immediate action from governments**, international organisations, employers, healthcare provider and media organisations, along with **active contributions from people with lived experience**, to work together to eliminate mental health stigma and discrimination.

- Employers are to **promote full access to educational opportunities**, work participation and return-to-work programmes for people with mental health conditions and the school curriculum **should include sessions for students to improve understanding of mental health conditions**.
- There is a need to empower and support **people with lived experience of mental health conditions to play active roles in stigma reduction efforts**.

## Why is World Mental Health Day Celebrated?

### ▪ About:

- World Mental Health Day is marked on 10<sup>th</sup> October every year to spread awareness and education about mental health issues across the world.
  - The first time World Mental Health Day was observed was on 10<sup>th</sup> October, 1992.
- The day was started as an **annual activity of the World Federation for Mental Health** by the then Deputy Secretary-General Richard Hunter.

### ▪ Theme for Year 2022:

- Making mental health for all a global priority.

## What Initiatives are Taken by India to Promote Mental Health?

### ▪ National Mental Health Program:

- To **address the huge burden of mental disorders and shortage of qualified professionals** in the field of mental health, the government has been implementing the National Mental Health Program (NMHP) since 1982.

### ▪ [Mental HealthCare Act 2017](#):

- The Mental Health Care Act (MHCA) 2017 came into force in 2018 to meet the **requirements of the [United Nations Convention on the Rights of Persons with Disabilities](#)** which India ratified in 2007.

### ▪ [Kiran Helpline](#):

- It offers **mental health rehabilitation services** with the objective of early screening, first-aid, psychological support, distress management, promoting positive behaviours, etc.

### ▪ [Manodarpan](#):

- The Ministry of Human Resources Development (MHRD) (**now Ministry of Education**) launched it under [Atmanirbhar Bharat Abhiyan](#). It is aimed to provide psychosocial support to students, family members and teachers for their mental health and well-being during the times of Covid-19.

### ▪ [Mental Health and Normalcy Augmentation System \(MANAS\)](#):

- In 2021, the government of India launched MANAS (Mental Health and Normalcy Augmentation System) mobile App to promote mental wellbeing across age different groups.

## Way Forward

- Mental health situation in India demands **active policy interventions and resource allocation** by the government. To reduce the stigma around mental health, **we need measures to train and sensitize the community/society**.
- India also needs **a constant stream of funds for educating and creating awareness** about mental health and chronic issues around it.
- The need of the **hour is to provoke masses to learn about mental health through campaigns like Swachh Mansikta Abhiyan**.

## UPSC Civil Services Examination Previous Year Question (PYQ)

### Mains

**Q.** What does this quotation mean to you - “We can never obtain peace in the outer world until and unless we obtain peace within ourselves.” - Dalai Lama **(2021)**

**Source:** [TH](#)

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