



World Mental Health Day 2024

[Source: PIB](#)

On 10th October, [World Mental Health Day \(WMHD\) 2024](#) was observed, bringing attention to the recent workplace suicides that highlight the **significant impact of job-related stress on mental health**, even among those who appear outwardly successful.

- **Theme of WMHD 2024: Mental Health at Work.**
- **Background:** WMHD was first initiated in 1992 by **the World Federation for Mental Health (WFMH)**.
 - **WMHD, organized by the WHO**, aims to raise awareness, promote mental health education, and combat stigma, emphasizing the importance of mental well-being for individuals and communities
 - Examples of mental illness **include depression, anxiety disorders, schizophrenia**, eating disorders and addictive behaviours.
- **Statistics:** The [Economic Survey 2023-24](#) emphasizes the need to increase the number of mental health professionals and improve mental health services.
 - According to the **National Mental Health Survey (NMHS) 2015-16**, 10.6% of Indian adults experienced mental disorders, with a treatment gap of 70% to 92% across various conditions.
- **Government Initiatives:**
 - The [District Mental Health Programme \(DMHP\)](#)
 - The [National Tele Mental Health Programme \(NTMHP\)](#)
- **Policy Recommendations on Mental Health:**
 - Enhancing efforts to raise the number of psychiatrists **from 0.75 to the WHO standard of 3 per lakh population.**
 - **Sensitization of mental health** at the preschool, Anganwadi level to provide precious early identification of disorders.

Read More: [Mental Health Initiatives in India](#)

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