

Government schemes have the necessary components to address mental health issue but more needs to be done in context of pandemic. Explains (200 Words)

WHO defines mental health as "State of well being in which every individual realises his or her own potential". Further WHO adds up that mental health affects life expectancy to ~~10~~ 10-25 years. This shows the importance of mental health of citizens in a populated country like India.

### Need of Comprehensive measures

2011 Census show that around 15 lakh people are mentally challenged. Government has taken measures in light of this data through National Mental Health Policy 2014 which promotes promoting of healthcare, preventing and curing of mental illness and destigmatising people's view about them and ensure their socio economic inclusion.

Mental healthcare Act 2017 creates a justicable environment for mentally challenged people through provisions like Advanced directive, Right to



information about illness and privacy about their disorder.

Comprehensive measures are also being taken under Ayushman Bharat, National Health Mission.

Having already around 15 lakh patients, pandemic has further added burden.

Situations like lockdown, work from home, online classes have increased mental illness among population.

Government launched Kiran helpline and telehealth service like e-Sanjeevani are welcome move in pandemic

Need of the hour is a full fledged

measures like increasing number of health personnel in mental health, increased counselling facilities and community based programmes in context of pandemic to face issues of large population