

Government schemes have the necessary components to address the mental health issues but more needs to be done in the context of pandemic. Explain.

Mental Health issues are a major health challenge in the world today, as WHO indicated 10-25 year life expectancy reduction in mental health patients

India is one among state to recognize mental health issue, in 20014 introduced National Mental health policy, and right based mental health care act 2017, Also promoting mental health part of various programs be it a child, or old age programs

However pandemic increased mental health issue in India as Lancet released an Indian as mild to severe mental health issue

Need of Government in following areas

- * Increase in spending on mental health as part of health spending to atleast 5% from current 1.3%
- * Major portion of healths human resource deployed to COVID-19 duty, thus increase

Nurses, social workers & psychologists working in mental health sector is required

* Loss of employment, stress & anxiety among youth, domestic violence nearness household burden leads to mental health issues, thus Tele counselling service, promoting private sector is needed

* National Crime Record Bureau (NCRB) noted increase in suicidal death among youth, Awareness & mental health program at school & college level is needed

* In rural areas mental health seen with sigma special focus is needed, through Asha workers, telemedicine & through primary health care centres

* Increase in mental health infrastructure like specifying no. of beds in hospitals, dedicated section in district hospital etc.

* Increase in COVID-19 death also seen due to heart attack, anxiety thus a confidence building activity needed.

Post pandemic India needed revised mental health roadmap which recognize mental health as serious issue & devote fiscal, legislative, policy support to address it