



Ministry of Health and Family Welfare

# Pandemic related rise in mental illness cases

Posted On: 20 SEP 2020 8:17PM by PIB Delhi

The Government has taken a number of initiatives to provide psychosocial support during COVID-19.

These initiatives include:

- i. Setting up of a 24/7 helpline to provide psychosocial support, by mental health professionals, to the entire affected population, divided into different target groups viz children, adult, elderly, women and healthcare workers.
- ii. Issuance of guidelines/ advisories on management of mental health issues, catering to different segments of the society.
- iii. Advocacy through various media platforms in the form of creative and audio-visual materials on managing stress and anxiety, and promoting an environment of support and care for all.
- iv. Issuance of detailed guidelines by the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru- "Mental Health in the times of COVID-19 Pandemic - Guidance for General Medical and Specialized Mental Health Care Settings".
- v. All the guidelines, advisories and advocacy material can be accessed on Ministry of Health and Family Welfare website under "Behavioural Health – Psychosocial helpline" (<https://www.mohfw.gov.in/>).
- vi. Online capacity building of health workers by NIMHANS in providing psychosocial support and training through (iGOT)-Diksha platform.

The Minister of State (Health and Family Welfare), Sh Ashwini Kumar Choubey stated this in a written reply in the Rajya Sabha here today.

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**MV/SJ**

**HFW/20Sep2020**

(Release ID: 1657053) Visitor Counter : 49

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