National Mental Health Program (NMHP)

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- The Government of India launched the National Mental Health Programme (NMHP) in 1982, keeping in view the heavy burden of mental illness in the community, and the absolute inadequacy of mental health care infrastructure in the country to deal with it.

- The District Mental Health Program was added to the Program in 1996.

- The Program was re-strategized in 2003 to include two schemes
  i. Modernization of State Mental Hospitals
  ii. Up-gradation of Psychiatric Wings of Medical Colleges/General Hospitals.

- The Manpower development scheme (Scheme-A & B) became part of the Program in 2009.

Components:

1. Treatment of Mentally ill

2. Rehabilitation

3. Prevention and promotion of positive mental health.

Aims:

1. Prevention and treatment of mental and neurological disorders and their associated disabilities

2. Use of mental health technology to improve general health services

3. Application of mental health principles in total national development to improve quality of life

Objectives:

1. To ensure the availability and accessibility of minimum mental healthcare for all in the foreseeable future;

2. To encourage the application of mental health knowledge in general healthcare and in social development;

3. To promote community participation in the mental health service development; and

4. To enhance human resource in mental health sub-specialties.

Strategies:

1. Integration mental health with primary health care through the NMHP

2. Provision of tertiary care institutions for treatment of mental disorders

3. Eradicating stigmatization of mentally ill patients and protecting their rights through regulatory institutions like the Central Mental Health Authority, and State Mental Health Authority.

Specific approaches

- Diffusion of mental health skills to the periphery of health services

- Appropriate appointment of tasks

- Equitable and balanced distribution of resources.

- Integration of basic mental health care with general health services

- Linkage with community development