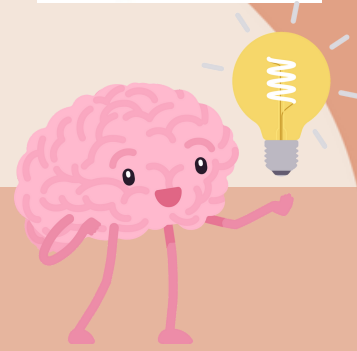# *Mental Health Reforms and Policies in India*

INPSYCHFUL

Monthly Newsletter by Department of Psychology 2023

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INFORMATIVE ARTICLES ON MENTAL HEALTH REFORMS

1.Mandate for Counselors in Every Organization Explaining the importance of having counselors in workplaces and what it takes to become one. Benefits of this mandate: fostering a healthier work environment and addressing mental health issues proactively.

2.Provisions for Mental Health Holidays Understanding the significance of mental health days and their role in promoting well-being. Advocating for the inclusion of mental health holidays as a standard provision.

3.Extra Exam Writing Hour for Specific Learning Disabilities (SLD) Discussing the necessity of accommodations for individuals with SLD during examinations. Emphasizing the importance of equal opportunities for those facing learning challenges.

Benefits of Implemented Reforms Highlighting the positive impacts and advantages these reforms bring to various aspects of life—work, education, and personal well-being.

Loopholes in Mental Health Care System and Awareness Discussing the challenges and shortcomings in the current mental health care system. Addressing the lack of awareness, stigma, and access to services that hinder progress in mental health care.

Difference Between Mental Health Literacy and Awareness Explaining the distinction between the two terms—how awareness focuses on recognizing mental health issues, while literacy involves a deeper understanding of mental health conditions, their implications, and available to support.

~Vanshika Awasthi

EDITOR'S NOTE

Dear Readers,
In this edition of our Psychology newsletter, we are thrilled to present a special focus on the policies and reforms shaping the mental health landscape in India. What makes this issue particularly unique is that it is crafted by the insightful voices of students — the next generation advocating for change and progress.
Our student contributors have delved into the importance of mental health awareness, exploring the impact of these policies on individuals and communities.
This issue not only serves as a testament to the dedication of these emerging voices in the field of psychology but also underscores the urgency of fostering dialogue around mental health. By amplifying student perspectives, we hope to contribute to a more inclusive and informed discourse surrounding mental well-being.

~Chetna Khanna

NAVIGATING THE LANDSCAPE: MENTAL HEALTH REALITIES, MYTHS, AND REFORMS IN INDIA

There are several hurdles in life. The road of life is bumpy; criticizing joy and sadness are part of it. But what is holding us and giving motivation to stand again and make a stable life is our mental health, which suffers more than us. It is extremely capable of holding us and making us shatter within seconds. The influence it has on physical health, social, and personal life is immeasurable.

Myths and facts:
- Mental health does not have any impact on us.
- Mental health is something that controls us.
- Mental health is something that should not be talked about.
- It is important to talk about mental health to feel better.
- Children do not have mental health issues.
- Mental health is not influenced by age factors.

Rights and Reforms in India:
The vision of the national mental health policies is to promote mental health, prevent mental illness, and enable recovery from mental illness, ensuring social and economic inclusion of a person affected by mental illness by providing accessible, affordable, and quality health and social care to all persons through their lifespan.

The Mental Health Care Bill 2013 was introduced to the Rajya Sabha, India's upper house of parliament, on 19 August 2013. The legislation aimed "to provide mental health care and services for persons with mental illness and to protect, promote, and fulfill the rights of such persons during the delivery of mental health care and services and for matters connected therewith or incidental thereto."

Ayushman Bharat, the flagship scheme of the Government of India, offers up to 5 lakhs insurance cover. For the first time, it offers cover for mental illness. It has 17 packages for mental health disorders, which also include psychoactive substance use. It covers ECT, rTMS, and most blood tests.

- 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: children, adults, elderly, women, and healthcare workers.
- Issuance of guidelines/advisories on the management of mental health issues, catering to different segments of society.
- 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.
- Online capacity building of health workers by NIMHANS in providing psychosocial support and training through the (iGOT)-Diksha platform.

Goals:
1. To reduce distress, disability, exclusion, morbidity, and premature mortality associated with mental health problems across the lifespan of the person.
2. To enhance understanding of mental health in the country.
3. To strengthen leadership in the mental health sector at the national, state, and district levels.

Objectives:
1. To provide universal access to mental health care.
2. To increase mental health services for vulnerable people, including those in homeless, remote areas, educationally, socially, and economically deprived sections.
3. To reduce the risk and incidence of suicide and attempted suicide.
4. To ensure respect and protection of the rights of persons with mental health issues.
5. To reduce stigma.
6. To enhance the ability and equal distribution of scaled human resources for mental health.

~Gayatri Thakur

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REVOLUTIONIZING MENTAL HEALTH: CULTIVATING COMPASSION FOR A HEALTHIER INDIA

In India, our understanding of mental health still has a long way to go. While we know about these issues, there's a crucial gap in truly comprehending the challenges faced by those experiencing them. This lack of understanding often leads to people not being as supportive as they could be.

Sure, the government's 'National Tele Mental Health Programme' is a step in the right direction. But envision this: every workplace equipped with mental health counselors, flexible time off for mental well-being, and accommodations like extended exam time for those needing it. These changes might seem small but can mean the world to individuals dealing with mental health difficulties.

The real game-changer here is our collective support and empathy. When we take the time to understand and back each other up, we create a society where everyone feels valued and supported. This isn't just about awareness; it's about actively embracing and championing mental health.

Our goal? To transform India into a compassionate and understanding nation, where mental health is a priority and everyone's well-being matters. By banding together to support and comprehend each other's struggles, we pave the way for a brighter, kinder, and more mentally healthy India. Let's stand united to make this change happen!

~Ishanika

ZINDAGI EK SAFAR HAI SUHANA

Zindagi ek Safar hai suhana,
Yha dusro ko hai hasana or khud hai muskurana,
Har Andheri raat ke baad subah jrur hoti hai,
Ye khud hai sikhna or dusro ko hai sikhana..

Kyu kehte ho mujhe ab nhi jeena,
Jo chale gaye ;Jo sath nhi hai unke liye hai tumko gam,
Or Jo sath hai tumhare unko ye kehkar unki ankhe krni hai nam,
Arey naye lamhe bula rahe h chalo muskurakr unke sath chalte hai hm...

Agar akele ho toh koi baat nahi ,
Akele rehna bhi buri baat nahi,
Sahi hai na ;na kisi se ruthna na kisi ko mnana,
Na kisi se jalna na kisi ko jalana,
Akele khush rehna akele me muskurana,
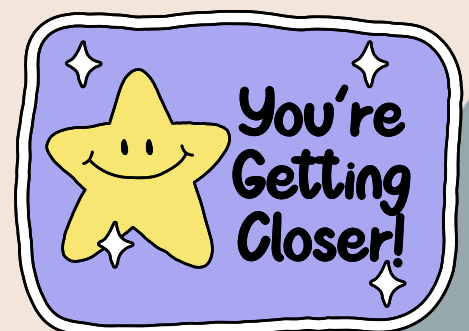Tabhi toh hai ye zindagi ek safar suhana...

Seize The Moment!

~Manisha

HEALTH IS WEALTH

Everyone is running towards wealth,
No one cares about their mental health,
So now give yourself some time,
Otherwise there will be one point when you won't be able to breath..

~Manisha

You're Getting Closer!

Jagannath University

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Freshers

The department of psychology had it's Freshers welcome party where the freshers showcased there mesmerising talents with great enthusiasm. The event had elegant and electrifying performances . The day brought along memories and recreation.
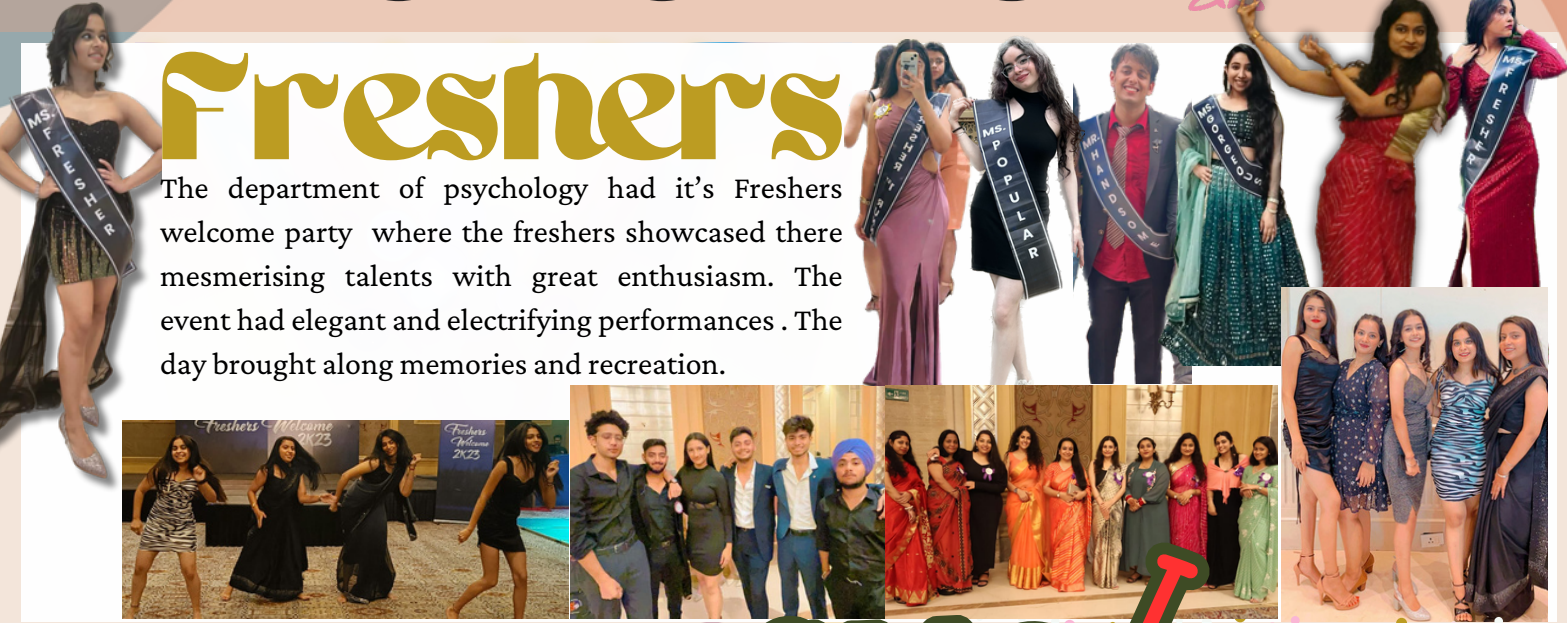
The Department of Psychology hosted it's **Annual fest "Psychphoria"** on 22 November 2023. The event aimed at bringing joy, creativity and hope. There were two competitions organized "PsychSkit" and "PsychCraft" based on the themes "stories of hope" & "Best out of waste" respectively to bring out the best and creative sides of the students.

psychphoria

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