Mental Health Action Plan 365

Along with the launch of the National Mental Health Policy today, in parallel we are also proposing an Action Plan delineating the envisaged roles and responsibilities of different stakeholders. This Action Plan would facilitate achieving objectives enshrined in the Policy document. While complete attainment of complex objectives may not be feasible in the short or medium term, it is nevertheless necessary to commence coordinated action in the right direction.

The major stakeholders relevant for actualising the objectives of the Mental Health Policy are identified as.

1. The Union Government
2. The State/UT Governments
3. Local Bodies including Municipalities and Panchayati Raj Institutions
4. Civil Society Organizations
5. Persons affected by mental health problems and users of mental health services
6. Care-providers/ Care-givers
7. Medical and health care professionals (Government and Private)
8. Medical Colleges
9. Academic and Research Institutions
10. Schools and Colleges
11. Private Corporate Sector
12. Media – print, audio-visual and social media

The table here-in-after lists the primary stakeholder responsible for the ten main identified mental health action points. However, detailed suggested action points are also identified for consideration by all stakeholders.
# Mental Health Action Plan 365

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<tr>
<th>Actions</th>
<th>Stakeholders</th>
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<td>Union Govern-</td>
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<tr>
<td>Action 1: Widely disseminate Mental Health Policy:</td>
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<td>Action 2: Enactment of the Mental Health Care Bill to replace the 1987 Statute.</td>
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<td>Action 3: Implementation of the National Mental Health Program &amp; District Mental Health Program</td>
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<td>Action 4: Generate awareness on mental health,</td>
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<td>Mobilize public opinion and commitment of opinion makers for the mental health cause.</td>
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Ethical reporting of mental health issues.
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<th>Action 4: Increase resource allocation for mental health programs, plans and actions</th>
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<th>Action 5: Promote policies which reduce stigma and discrimination</th>
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<th>Action 6: Facilitate social care including access to entitlements and employment</th>
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<th>Action 7: Create pressure groups to monitor societal and government actions</th>
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<th>Action 8: Put in mechanisms to address needs of vulnerable groups outlined in policy</th>
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<th>Action 9: Integration of mental health education and services in general health</th>
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<th>Action 10: Set up mechanism for periodic and regular review of mental health action points</th>
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Suggested list of actions, stake holder wise:

1. Central Government:
   a. Widely disseminate the Mental Health Policy and solicit and mobilize commitment and involvement from all the stakeholders.
   b. Facilitate larger resource allocation.
   c. Pilot the enactment of the Mental Health Care Bill to replace the 1987 statute.
   d. Seek approval of the competent authority and implement the National Mental Health Programme for tertiary care.
   e. Information Education and Communication activities be undertaken on a larger scale to generate awareness on mental illness, service delivery and removal of stigma.
   f. Orient the Central Mental Health institutions for meeting the objectives of the Mental Health Policy.
   g. Continue support to the District Mental Health Programme.
   h. Focus on addressing the needs of vulnerable groups as outlined in the Policy.
   i. Provide leadership to the cause of mental health.

2. State Governments & Local Bodies:
   a. Effective implementation of the National Mental Health Programme and District Mental Health Programme.
   b. Increase resource allocation for State Programmes impacting persons with mental disorders.
   c. Strengthen general health care structure and integrate mental health care with general health care.
   d. Promote policies which reduce stigma and discrimination.
   e. Facilitate social care including access to entitlements and employment.
   f. Focus on addressing the needs of vulnerable groups as outlined in the National Mental Health Policy.
   g. Orient the State Mental Health Institutions with the objective of the National Mental Health Policy.

3. Civil Society Organizations:
   a. Independently pursue and partner with government to implement the National Mental Health Programme and District Mental Health Programme.
   b. Mobilize public opinion and commitment of opinion makers for the mental health cause.
   c. Act as a pressure group to monitor societal and government actions.
   d. Assist in care provision and dissemination of best practices.
   e. Human resource training.
   f. Providing rehabilitation services and provisions for long term care in the community.
   g. Focus on addressing the needs of vulnerable groups as outlined in the Policy.
   h. Set up suicide prevention helplines and counselling services.
   i. Fill the resource gap in public spending on mental health.
4. **Users and Care-givers:**
   a. Play an active role in awareness creation and de-stigmatization.
   b. Organize self-help groups of people with mental illnesses and care-givers of persons with mental illness.

5. **Private Corporate Sector:**
   a. CSR activities can be focussed on mental health services.
   b. No discrimination policy vis-à-vis persons with mental illnesses.
   c. Corporate hospitals to follow the National Mental Health Policy.
   d. Make affordable drugs and diagnosis for mental health.
   e. Include insurance for mental health in the Health Insurance Schemes.

6. **Schools and Colleges:**
   a. Suitably train teachers to impart life skill education.
   b. Early identification and support of children with mental health problems.
   c. Ensure that Supreme Court ruling on ragging and bullying is implemented.
   d. Counselling for children in mental distress.

7. **Private health care providers:**
   a. Equip themselves with the latest developments in mental health and provide ethical and cost effective services.
   b. Indian Medical Association and State Medical associations should disseminate information about mental health issues and focus on training medical practitioners in providing mental health care.
   c. Facilitate integration of mental health care in the general health care. All general hospitals whether private or public sector, should also provide services for mental health.

8. **Medical Colleges:**
   a. Till the time Medical Council of India changes curriculum to introduce specific focus on mental health, medical colleges should sensitize medical students on this issue.
   b. Conduct outreach activities including diagnostic activities and referral for treatment for mental health illness.

9. **Media:**
   a. Should provide time and space for highlighting mental health issues and solutions.
   b. Responsible and ethical reporting of mental health related stories.
   c. Create an ethos for curbing substance abuse.

10. **Academic and Research Institutions:**
    a. Undertake basic and operational research in the areas of mental health.
    b. Establish a robust mechanism for base line surveys and monitoring of various mental health parameters.
    c. Enhance research inputs to find answers related to mental illness in context of India.