

National Health Mental Health Program: (NHMP) launched in 1982

→ The aim of NHMP is to prevent and treat mental and neurological disorders by using mental health.

Objective:

- To provide minimum mental health care (underprivileged)
- To encourage Application of mental health knowledge
- To Promote community Participation in the Mental health
- To Reduce Morbidity, disability and suicide rate

GOALS/Components: of NHMP.

RTP

- Treatment of mentally ill patients
- Rehabilitation of disabled mental patients.
- Prevention And Promotion of true mental health.

Organization Strategies:

- Integration with PHC
- Decentralization (District based services)
- Task shifting
- Use of digital health.

Components:

1) District mental health Programme (DMHP)

- 1996

- Based on Bellarey model
- Implemented in most districts

Activities:

- Early diagnosis & t/t
- OPD & inpatient care
- School mental health services
- Suicide Prevention

⑤ Manpower development:

- = ↑ PGt work in Psychiatry.
- Establish Centre of Excellence
- Training of Medical officer, Nurse, Psychologists

⑥ Modernization of Mental Hospitals

① Upgradation of Psychiatric wings.

② DEC Activities.

③ Tele-Mental Health Programme - 2022

↳ Tele consultation.

⑦ Implementation of Mental Healthcare Act 2017 India

•• NMHP Represents a shift from custodial care to community based care.

- Strengthening infrastructure, manpower and awareness.