

# Is India in the Midst of a Mental Health Crisis?

In India, mental health is always spoken about behind closed doors. A few common reasons for this include fear of stigma, the opposite person not understanding or worse- not accepting that mental health issues even exist. Did you know India has around 56 million depression cases and 43 million cases of anxiety disorders? Shocking right? Well, that's not it. We have the highest number of lives lost to suicides daily (around 700 every day). Infact, suicide is the leading cause of death in the 15 to 39 age group and has been attributed to reasons like domestic violence, abuse, loss of employment, family issues, examination-related pressure, financial distress and chronic illnesses. The pandemic essentially added more fuel to the already burning situation plunging India into a mental health crisis!

Mental health is vital for our holistic wellness. Poor mental health affects every aspect of our lives and hinders individuals from performing their everyday roles and routines. According to the WHO estimate, India will likely suffer an economic loss of USD 1.03 trillion between 2012 and 2030 if mental health issues are not actively addressed.

The government of India has recently allocated some amount of money in this year's budget for Mental health. But, the real question is- *Will society be more open to accepting mental health issues and encouraging people to seek treatment?* Will the allotted budget be able to bridge the glaring gap in mental health care today?

Let us know your views in the comment section below.

**Reference: TOI**

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