

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION NO. 955  
TO BE ANSWERED ON 25<sup>TH</sup> JULY, 2025**

**POSTPARTUM DEPRESSION AMONG WOMEN**

**955. SHRI SHAFI PARAMBIL:**

Will the **Minister of HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether the Government is aware of the high prevalence of Postpartum Depression among mothers in the country and if so, the details thereof, State/UTs-wise;
- (b) the details of data on the prevalence of Postpartum Depression among mothers in the country;
- (c) whether the Government has any plan to address the said serious issue which often leads to suicide of mothers and killing of their children in the country; and
- (d) if so, the details thereof?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SH. PRATAPRAO JADHAV)**

(a) to (d) The data of the prevalence of Postpartum Depression among mothers in the country is not maintained centrally. However, as per National Mental Health Survey (NMHS) conducted in 2016 by the National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in 12 States of the country, the prevalence of depressive disorders in females over the age of 18 years is about 5.72%.

Under National Health Mission, Auxiliary Nurses and Midwifery (ANM) and Accredited Social Health Activist (ASHA) routinely assess the health issues of postpartum mothers including mental health during home visits.

Following a mother's discharge from a healthcare facility, ANM and ASHA conduct six postnatal home visits to ensure comprehensive postnatal care, which includes screening for postpartum depression. This evaluation involves identifying symptoms and referring the mother to an appropriate healthcare facility under the Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA) and or the Extended-PMSMA. Under the Optimization of Postnatal care scheme, ASHA is provided incentive for timely management.

To strengthen mental health services, the Government of India implements National Mental Health Programme (NMHP), which includes postpartum mothers. The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 767 districts for which support is provided to States/UTs through the National Health Mission. Facilities made available under DMHP at the Community Health Centre(CHC) and Primary Health Centre(PHC) levels, inter- alia, include outpatient services, assessment, counselling/ psycho-social interventions, continuing care and support to persons with severe mental disorders, drugs, outreach services, ambulance services etc. In addition to above services there is a provision of 10 bedded in-patient facility at the District level.

The Government is also taking steps to strengthen mental healthcare services at primary healthcare level. The Government has upgraded more than 1.77 lakh Sub Health Centres (SHCs) and Primary Health Centres (PHCs) to Ayushman Arogya Mandirs. Mental health services have been added in the packages of services under Comprehensive Primary Health Care provided at these Ayushman Arogya Mandirs. Operational guidelines and training manuals for various cadres on Mental, Neurological, and Substance Use Disorders (MNS) at Ayushman Arogya Mandirs have been released under the ambit of Ayushman Bharat.

Under the tertiary care component of NMHP, 25 Centres of Excellence have been sanctioned to increase the intake of students in PG departments in mental health specialities as well as to provide tertiary level treatment facilities. Further, the Government has also supported 19 Government medical colleges/institutions to strengthen 47 PG Departments in mental health specialties.

There are 47 Government run mental hospitals in the country, including 3 Central Mental Health Institutions, viz. National Institute of Mental Health and Neuro Sciences, Bengaluru, Lokopriya Gopinath Bordoloi Regional Institute of Mental Health, Tezpur, Assam and Central Institute of Psychiatry, Ranchi. Mental Health Services are also provisioned in all AIIMS.

Besides the above, the Government has launched a “National Tele Mental Health Programme” on 10th October, 2022, to further improve access to quality mental health counselling and care services in the country. As on 17.07.2025, 36 States/ UTs have set up 53 Tele MANAS Cells and have started tele mental health services. More than 23,82,000 calls have been handled on the helpline number.

The Government has also launched Tele MANAS Mobile Application on the occasion of World Mental Health Day - October 10, 2024. Tele-MANAS Mobile Application is a comprehensive mobile platform that has been developed to provide support for mental health issues ranging from well being to mental disorders. The Government has also launched the video consultation facility under Tele-MANAS, as another upgrade to the already existing audio calling facility.

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