



NATIONAL FACT SHEET

ADOLESCENT MENTAL HEALTH

Top Youth Mental Health Issues and Conditions:



Anxiety



Low self-esteem



Digital addiction



Depression



Suicide and self-harm

Source: Mapping Youth Mental Health Landscapes: Centre for Mental Health Law & Policy, Indian Law Society, Pune and Sangath NGO: 2024

Top Drivers of Youth Mental Health Challenges:



Perceptions of
mental health



Family systems
and pressure



Academic pressure
and competition



Relationship
conflict

Source: Mapping Youth Mental Health Landscapes: Centre for Mental Health Law & Policy, Indian Law Society, Pune and Sangath NGO: 2024

2015

7.3%

Prevalence of mental health issues in children
and adolescents aged 13-17 years.

2021

14%

Prevalence of mental health in
adolescents 10-19 years.

Source:

*National Mental Health Survey 2015-16

*Global Burden of Diseases 2021; India

45%

Dissatisfaction
with body image

81%

Anxiety among students related
to studies, examination & results

43%

Frequent
mood swings

51%

Difficulty in learning
online content

28%

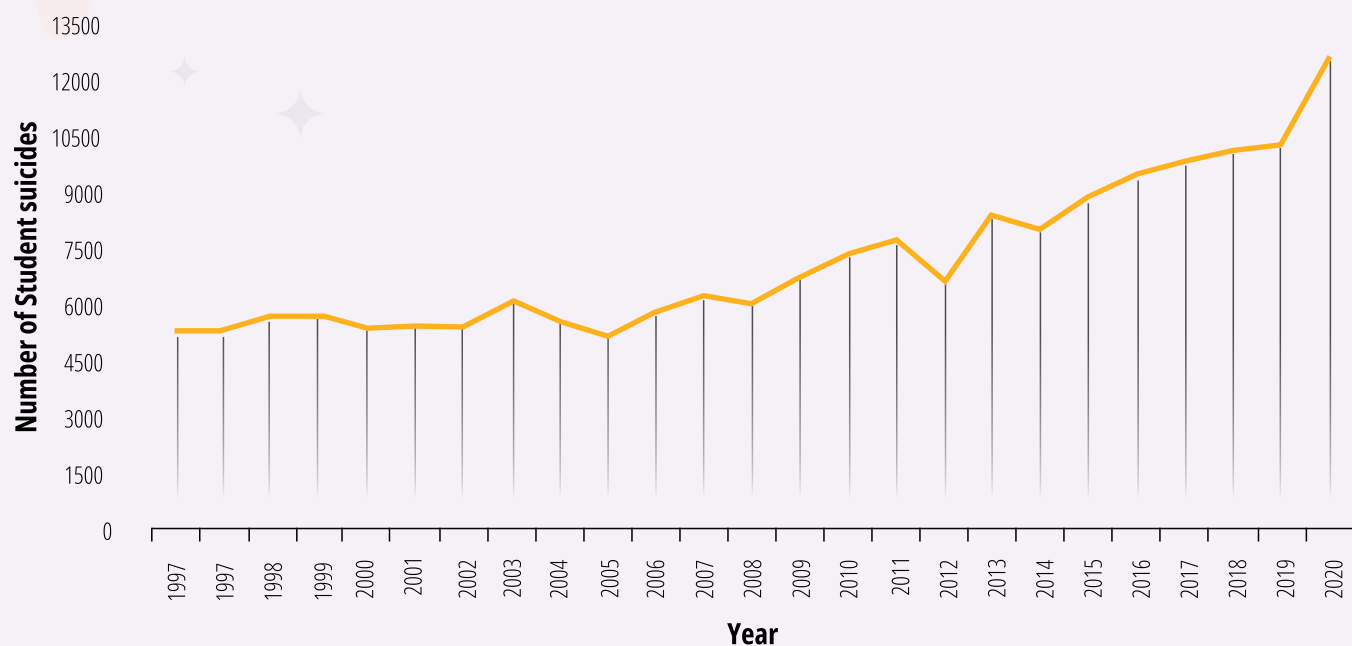
Hesitation in
asking questions

Source: Mental Health and Well-being of School Student Survey, 2022, NCERT

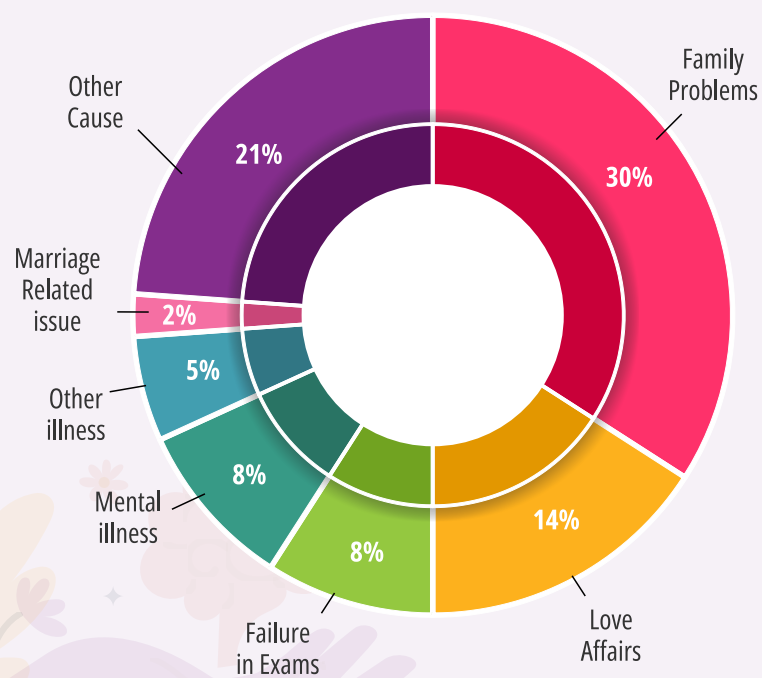


Increase In The Number of Student Suicides (1997-2020)

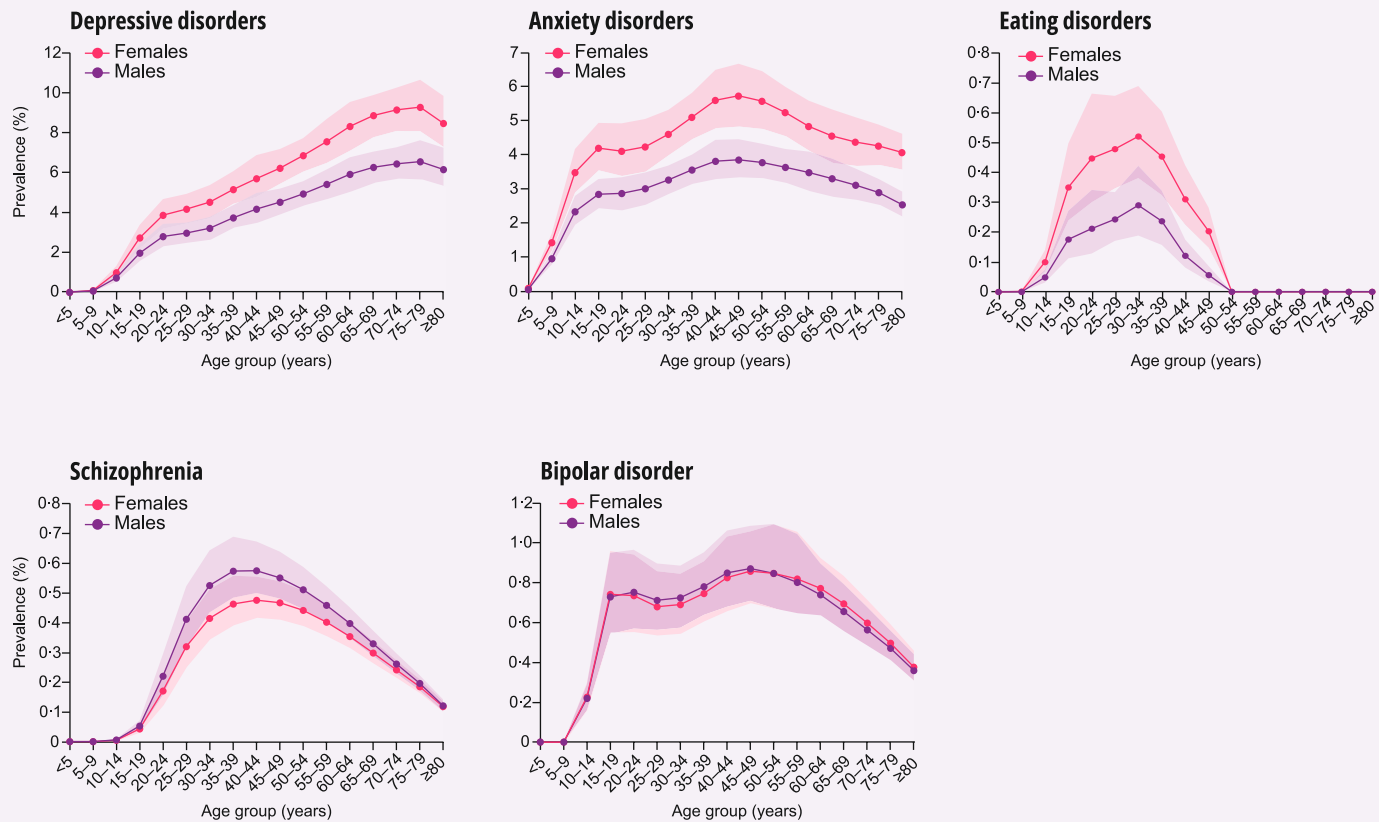
SOURCE: ADSI REPORTS OF PREVIOUS YEARS BY MOHA.GOI



Cause of suicide in below 18 years age NCRB 2021

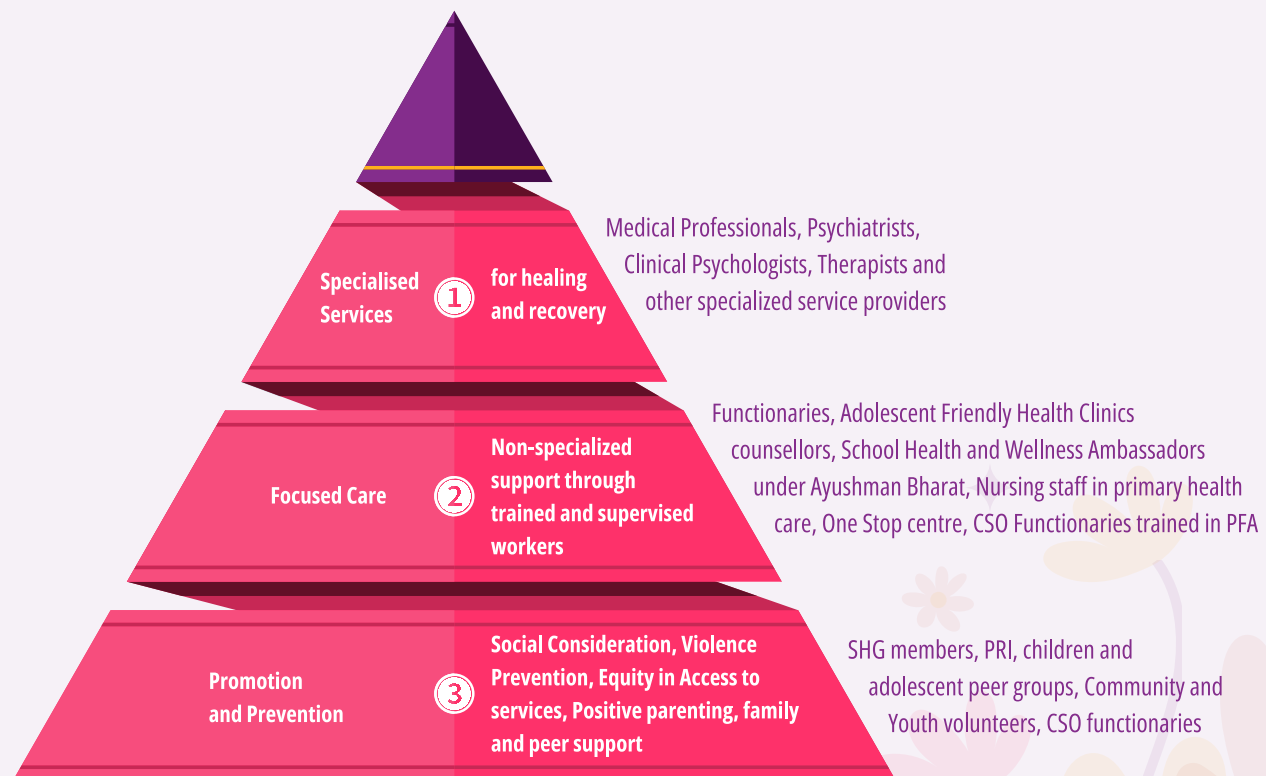


Age & Sex Specific Prevalence of Common Mental Disorders

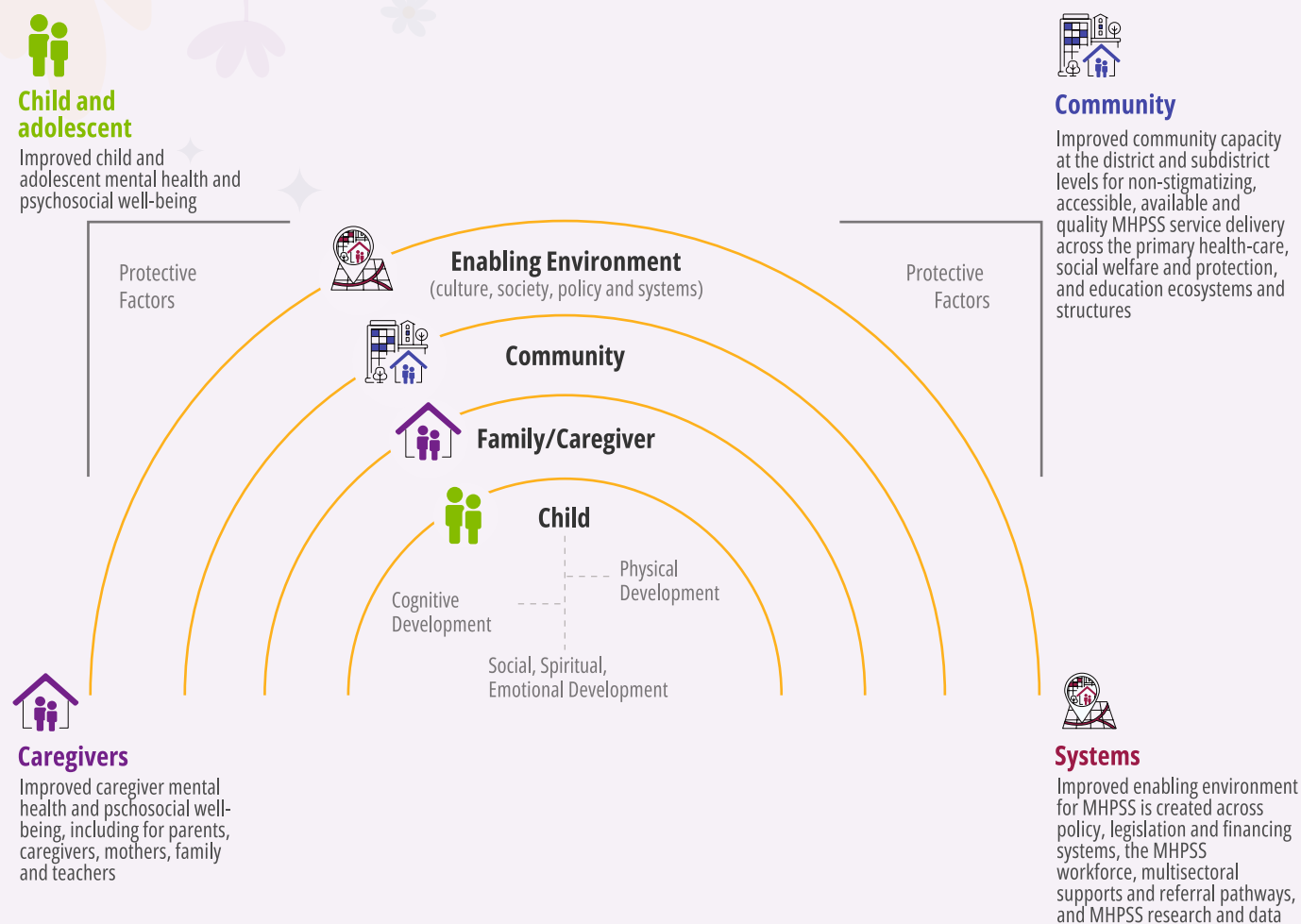


Source: The burden of mental disorders across the states of India: the Global Burden of Disease Study 1990-2017: The Lancet; Volume 7, Issue 2P148-161February 2020

Mental Health Psychosocial Support Framework



Social Ecological Model for Mental Health and Psychosocial Support (MHPSS)



Programmes/Schemes/Policy/Legislation for Mental Health Support

Mental Healthcare Act (MHCA) (2017)	Mission Vatsalya - Vehicle for effective implementation of the Juvenile Justice Act, (2015)
National Mental Health Programme (NMHP), (1982) and District Mental Health Programme (DMHP), (1996)	Mission Shakti - Scheme aimed at strengthening interventions for women and girls' safety, security & empowerment.
National Tele Mental Health Programme (2022)	National Policy for Children (1974, 2013)
School Health & Wellness Programme under Ayushman Bharat (2020)	National Mental Health Policy (NMHP) (2014)
National Mental Health Policy (NMHP) (2014)	National Youth Policy (NYP)(2014); New NYP Draft (2024)
Rashtriya Kishor Swasthya Karyakram (RKSK) (2014)	Rights of Persons with Disabilities Act (RPwD), 2016
Rashtriya Bal Swasthya Karyakram (2013)	Right of Children to Free and Compulsory Education Act, 2009 (6-14 years of age)
National Charter for Children (2004)	UMEED Guidelines (2023); Ministry of Education
United Nations Convention on the Rights of the Child (UNCRC) - MHCA, 2017 & RPwD, 2016	Ministry of Tribal Affairs and Ministry of Minority Affairs