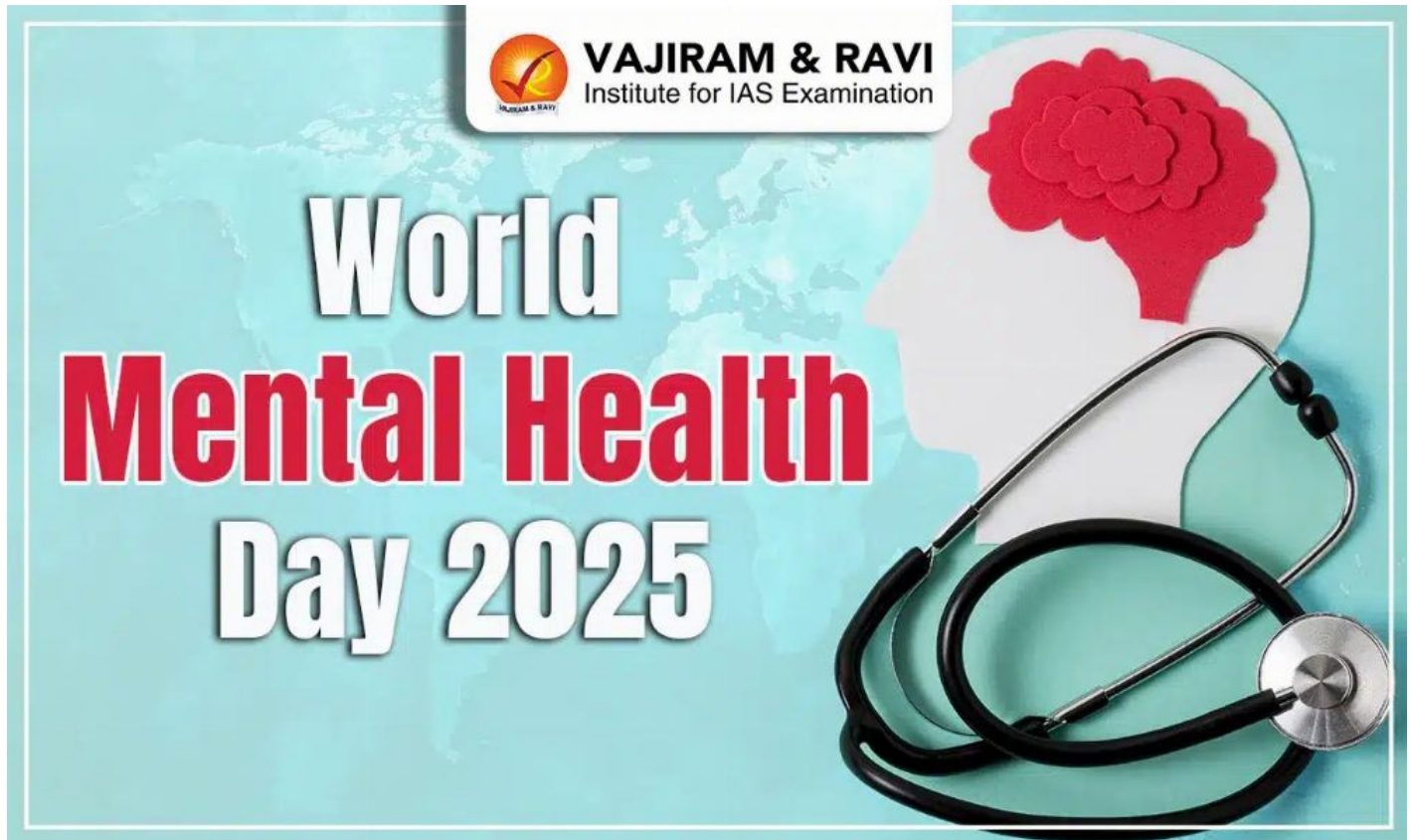


World Mental Health Day 2025, Theme, History, Govt Schemes

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World Mental Health Day is observed every year on 10 October to promote awareness about mental health issues and support global well-being. It is an initiative by the World Federation for Mental Health (WFMH), supported by the World Health Organization (WHO) and the United Nations. The goal is to make mental health a universal human right and to encourage open discussions about emotional well-being, stigma, and access to care across the world.

World Mental Health Day 2025

The theme for World Mental Health Day 2025 highlights the need to ensure mental health care during crises like wars, pandemics, and natural disasters. A 2019 analysis published in The Lancet and highlighted by **World Health Organisation** found that more than one in five people (22.1%) in conflict-affected areas suffer from mental health conditions like depression, anxiety, or post-traumatic stress disorder (PTSD). Emergencies not only cause physical damage but also trigger long-term trauma, stress, and loss of community bonds. This year's campaign calls for integrating mental health and psychosocial support in all humanitarian responses.

World Mental Health Day 2025 Historical Background

The idea for World Mental Health Day originated in **1992**, led by the World Federation for Mental Health (WFMH) to promote global understanding of mental illnesses.

- **In 1992**, WHO officially recognized the day and began global collaboration for mental health awareness.
- **In 2001**, WHO's World Health Report stressed that mental well-being was a fundamental part of human development.
- **The UN's Sustainable Development Goals (2015)** included mental health in Goal 3.4, linking it to overall health and well-being.
- **The COVID-19 pandemic (2020)** brought mental health into focus, with WHO reporting a 25% rise in depression and anxiety worldwide.
- **In 2025**, the theme addresses mental health during humanitarian crises, ensuring global commitment to psychological care in emergencies.

World Mental Health Day 2025 Theme

This year's theme is **"Access to Services- Mental Health in Catastrophes and Emergencies,"** which emphasizes how natural disasters, conflicts, and global health emergencies deeply impact psychological health. According to the UNHCR (2024), over 123 million people were forcibly displaced worldwide, with limited access to mental health care in low-income countries. Mental health support during emergencies helps people rebuild their lives, recover from trauma, and regain community strength. Evidence-based interventions and community-based approaches can significantly improve resilience and emotional recovery.

Indian Aspect of World Mental Health Day 2025

India observes World Mental Health Day through campaigns led by the Ministry of Health and Family Welfare (MoHFW), NIMHANS, and several NGOs. As per National Mental Health Survey 2016, nearly 13.7% of Indians suffer from mental health disorders, while WHO (2023) notes that India accounts for about 18% of global mental health burden. India faces specific challenges such as rural inaccessibility, stigma, and shortage of professionals. Many educational institutions, corporates, and health organizations conduct seminars, counseling sessions, and awareness drives on this day to promote emotional wellness and destigmatize mental health discussions.

Government Programmes for Mental Health

The Indian government has launched multiple initiatives to strengthen mental health care:

- **National Mental Health Programme (NMHP, 1982):** Aims to provide community-based mental health services and integrate mental health with primary care.
- **District Mental Health Programme (DMHP):** Offers counseling, awareness, and psychiatric services at district levels.
- **National Tele Mental Health Programme (Tele-MANAS, 2022):** Provides free tele-counseling through a 24x7 helpline accessible across India.
- **Manodarpan Initiative (2020):** Part of the Atmanirbhar Bharat Abhiyan, it supports mental well-being of students and teachers.

- **Ayushman Bharat Health and Wellness Centres:** Include mental health as a key component of holistic health care.

WHO Action Plan for Mental Health

The 2025 theme focuses on strengthening psychological care during crises. **The Comprehensive Mental Health Action Plan 2013-2030** aims to integrate mental health into emergency response systems. Global initiatives by WHO, UNHCR, and UNICEF promote inclusive mental health frameworks, training community workers, and expanding tele-counseling to ensure equitable, accessible mental health services worldwide.

Challenges in Mental Health Accessibility

Despite policy progress, India faces major barriers in achieving universal mental health coverage:

1. **Shortage of professionals:** As per WHO standards, India has only 0.75 psychiatrists per 100,000 population, far below the required 3 per lakh.
2. **Urban-rural divide:** 70% of India's population resides in rural areas with limited access to trained psychologists and facilities.
3. **Stigma and discrimination:** Cultural taboos often prevent people from seeking help, especially among youth and men.
4. **Low budget allocation:** The 2024-25 budget allocated less than 1% of the health ministry's total budget to mental health, limiting infrastructure and manpower. [The overall health budget for 2024-25 was roughly 2% of India's total budget.]

Lack of awareness: Many people still equate mental illness with weakness or personal failure, delaying diagnosis and treatment. The NMHS (2015-16) reported a significant treatment gap, with 70%-92% of people with mental disorders not receiving adequate treatment, largely due to lack of awareness.

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