

No. NHMHP-NPPC0DEAF/4/2019-MH-Section--Part(1) (18843) - 20892
National Health Mission
Himachal Pradesh.

From:

Mission Mission Director
National Health Mission
Himachal Pradesh

To

1. All the Deputy Commissioners
In Himachal Pradesh.
2. All the Chief Medical Officers
In Himachal Pradesh.



Dated Shimla-171009 the May, 2021

Subject: Regarding Psychosocial Support Helpline (80-46110007) for COVID affected persons.

Sir/Madam,

It is informed that Government of India, Ministry of Health and Family Welfare, New Delhi in collaboration with National Institute of Mental Health and Neuro-Science (NIMHANS), Bengaluru has setup a 24X7 Psychosocial Support Helpline (80-46110007). The mental health professionals from 19 States /UTs are providing their services through this helpline to this effect.

In addition, various advisories/ guidelines and advocacy material in the form of creative and audio-Visual spots on promotion of mental health and management of stress and anxiety have been prepared by the Ministry of Health and Family Welfare. These resources may be accessed from the website of Ministry of H & FW under the tab 'Behavioural Health' (<https://www.mohfw.gov.in>).

You are requested to issue necessary directions to all concerned in your respective district to create awareness about this helpline number so that maximum COVID affected patients, family members and dependents can avail this facility. It is further requested that various IEC material developed by the Ministry may also be utilized from the website of Ministry for promotion of mental health and management of stress and anxiety during COVID Pandemic.

Yours Sincerely,

Deputy Mission Director
National Health Mission
H.P. Shimla-171009

I/49245/2021




Deputy Mission Director
National Health Mission
Himachal Pradesh.

Endst. No. as above dated Shimla-171009 the May, 2021

Copy to:

1. The Secretary(Health) to the Government of Himachal Pradesh for favour of information please.
2. The Director of Health Services, Himachal Pradesh for favour of information please.


Deputy Mission Director
National Health Mission
Himachal Pradesh.



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
निर्माण भवन, नई दिल्ली - 110011

Government of India

Department of Health and Family Welfare

Nirman Bhavan, New Delhi - 110011

वन्दना गुरनानी, मा.प्र.से.

Vandana Gurnani, I.A.S.

अपर सचिव एवं मिशन निदेशक (रा.स्वा.मि.)

Additional Secretary & Mission Director (NHM)

D.O. No. V.15016/100/2020-PH-I

Dated: 5th May, 2021

Dear Colleague,

At the outset, I would like to acknowledge the efforts of the States/ UTs in managing the COVID-19 pandemic. As you may be aware that incessant uncertainty, fear and anxiety associated with the pandemic is adversely affecting the psychosocial needs and mental health of the people.

The Ministry, in collaboration with National Institute of Mental Health and Neuro-Sciences (NIMHANS), Bengaluru, has already set up a 24x7 Psychosocial Support Helpline (80-46110007). As many as 656 mental health professionals from 19 States/UTs are providing their services through this helpline to the affected persons in 12 regional languages of the country. Till now, these professionals have responded to over 4 lakh calls and have followed up more than 50 thousand affected people on regular basis. You are requested to create awareness about this helpline number so that maximum affected patients, family members and dependents can avail this facility.

Besides, there are several counsellors available in the States/ UTs under various programmes supported under National Health Mission (NHM). They may be urgently deployed to provide the required psychosocial support to the people at health facilities or as part of field outreach or in the 104 NHM Helpline. For any sensitization/training that may be required for them, Centre for Psychosocial Support in Disaster Management, NIMHANS may please be contacted at psindm@nimhans.ac.in or 080-26972277/88/99.

In addition, various advisories/ guidelines and advocacy material in the form of creatives and audio-visual spots on promotion of mental health and management of stress and anxiety have been prepared. These resources may be accessed from the website of Ministry of Health and Family Welfare under the tab "Behavioural Health" (<https://www.mohfw.gov.in/>) and translated in the regional languages for wider dissemination.

Therefore, I request you to kindly prioritize mental health and give greater emphasis on providing psychosocial support to the affected people by pooling all the resources in expanding the reach of National/104 Helplines and augmenting community awareness on various issues related with mental health.

with warm regards

Yours sincerely,


(Vandana Gurnani)

To,
Additional Chief Secretary/ Principal Secretary/Commissioner-Health of all States/UTs

Copy to
Mission Directors all States/ UTs for necessary action

स्वच्छ भारत-स्वस्थ भारत