

# Grant Program for High-Impact Interventions 2024-2025: Catalysing Impact for a Better Future

## Access to mental healthcare for vulnerable populations

### Overview:

Mental health issues affect approximately 10.6% of the Indian population, yet a significant gap persists in actionable awareness, access to support services, and evidence-based treatment, especially among vulnerable groups. Only 1 in 10 individuals with mental health disorders in India receive evidence-based treatments. Misconceptions about mental health treatments, a shortage of mental health professionals, and inadequate healthcare infrastructure amplify these challenges. Addressing mental health holistically requires concerted efforts across multiple stakeholders, including communities, healthcare providers, and caregivers. [\[1\]](#) [\[2\]](#) [\[3\]](#)

### Key Challenges:

**Cultural Misconceptions and Lack of Actionable Awareness:** Misunderstandings and cultural taboos hinder individuals from seeking help, compounded by a lack of targeted awareness efforts.

**Limited Access to Mental Health Services:** Mental health encompasses social, emotional, and psychological well-being, impacting nearly all aspects of daily living. Unfortunately, underserved groups such as rural marginal farmer households, children, and the youth face significant challenges in accessing mental health services. Inadequate mental healthcare facilities and a lack of trained professionals in rural areas hamper timely and effective care.

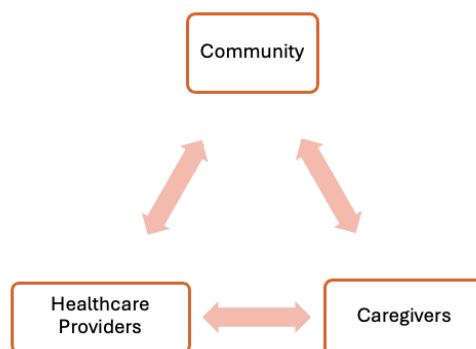
**Gaps in Integration of Mental Health into Primary Healthcare:** Mental health services are insufficiently integrated into primary healthcare systems, resulting in fragmented and inconsistent care.

**Building a robust mental health support system for at-risk populations could be done through the following pathways:**

#### 1. Leadership Programs in Mental Health:

- **Building capability:** Enhancing the skills of mental health professionals to deliver high-quality care and support, through collaboration with diverse stakeholders and local communities.

- **Training mental health champions:** Building expertise of community leaders, allied professionals, and caregivers for mental health advocacy and efficient policy implementation.
2. Research and Innovation in Mental Health:
- **Fostering innovation in mental health care:** Participatory research practices and efficient utilization of community and technological resources, can make way for new and impactful approaches.
3. Strengthening Existing Government Schemes, Policies, and Programs:
- **Tele-MANAS:** An initiative launched by the Ministry of Health and Family Welfare, Government of India in 2022, offering mental health support and counselling via telemedicine. <sup>[5]</sup>
  - **Manodarpan Initiative:** Providing psychosocial support and counselling to students, teachers, and families, initiated by the Ministry of Education, Government of India in response to the COVID-19 pandemic. <sup>[6]</sup>
  - **The Mental Health Care Act 2017:** Ensuring the rights of individuals with mental illness and outlining governments' responsibilities to provide accessible and appropriate mental health care services. <sup>[7]</sup>
  - **District Mental Health Program (DMHP):** Training for healthcare professionals, integrating mental health services with general healthcare at the district level and offering community-based services, early identification and treatments. <sup>[8]</sup>
4. Collective Action across Diverse Stakeholders:
- **Impactful and sustainable mental health outcomes:** Implementing innovative, preventive, and promotive mental health solutions requires uniting stakeholders and championing collaborations across the continuum of care.



## How to apply?

Please click the following [link](#) to submit your application.

*Note: If you would like to submit your application in Hindi or any other Indian language, please write to us at [hello@ananyabirlafoundation.org](mailto:hello@ananyabirlafoundation.org).*

यदि आप अपनी एप्लीकेशन हिंदी या किसी अन्य भारतीय भाषा में भेजना चाहते हैं, तो कृपया हमें [hello@ananyabirlafoundation.org](mailto:hello@ananyabirlafoundation.org) पर लिखें।

## Contact Information

For queries regarding the grant application process or if you require additional information, please contact us at [hello@ananyabirlafoundation.org](mailto:hello@ananyabirlafoundation.org).

**Kindly use the following email subject line for any grant related query: “Query regarding Grant Challenge Program 2024-25”.**

For more details, please refer to the grant guidelines on our [website](#).

## References

1. [Treatment Non-adherence Patterns Among Patients With Mental Illness: A Study From the District Mental Health Care Center in India.](#)
2. [Mental Health](#)
3. [National Mental Health Survey of India, 2015-16 National Mental Health Survey of India, 2015-16 Mental Health Systems](#)
4. [The burden of mental disorders across the states of India: the Global Burden of Disease Study 1990–2017](#)
5. [National Tele Mental Health Programme of India](#)
6. [MANODARPAN - Psychosocial Support for Mental Health & Well Being of Students during the COVID Outbreak and beyond](#)
7. [Ministry of Health and Family Welfare](#)
8. [National Mental Health Programme \(NMHP\)](#)