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India gets first specialized mental health hospital

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Fortis Healthcare & Sukoon Health join hands for this initiative



On the occasion of World Mental Health on 10th October, Fortis Healthcare and Sukoon Health has come together to launch India's first specialized mental health hospital.

The newly launched hospital is a 20,000 sq. ft facility based out of sector 56 Gurugram and is India's first super specialty hospital offering inpatient and outpatient care facilities in the fields of Psychiatry, Psychology, De-Addiction, and Rehabilitation.

The world-class facility is designed to provide 24x7 services in a safe and secured environment. It is equipped with modern amenities such as Psychiatric ICUs, art therapy studio, yoga and fitness center, terrace garden, and recreational lounges. The virtual therapy room is conceptualized to maintain continuity of treatment once a patient is discharged for a sustained recovery.

Speaking on the launch of the hospital Dr Ashutosh Raghuvanshi, MD and CEO, Fortis Healthcare said, "We are happy to announce the launch of this state-of-the-art facility developed to address mental health issues in India. Fortis Healthcare has undertaken various initiatives in the past and this hospital is another step towards addressing the treatment gaps. It is important to establish dedicated inpatient facilities that can cater to the entire spectrum of mental health illnesses. Addressing mental health issues is essential and with India seeing a significant rise in mental health disorders, it has become important to focus on mental health disorders".

The incidents of mental illnesses are rising rapidly globally and in India as well. It is taking a shape of global pandemic which needs to be addressed urgently. In the last one decade, India has seen a significant rise in number of suicides in younger age group. The most common mental health disorders are depression and anxiety. Other disorders which have registered a significant increase are schizophrenia, bipolar disorders, idiopathic developmental intellectual disability, conduct disorders, and autism.

As per a report published by The Lancet in February 2020, 197 million Indians are suffering from mental disorders which includes 45.7 million cases of depressive disorders and 44.9 million cases of anxiety disorder.