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Majority not able to access mental health services due to lockdown in India

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The study surveyed over 10,000 Indians to understand how they have been coping with their mental health



There have been disruptions in mental health services among people since the COVID-19 pandemic hit, says a study by Delhi-based The Center of Healing (TCOH).

The study surveyed over 10,000 Indians to understand how they have been coping with their mental health. Data showed that over 60 per cent reported disruptions to mental health services for vulnerable people, including children and adolescents (72 per cent), older adults (70 per cent) and women (61 per cent), 67 per cent to counselling and psychotherapy and 65 per cent to critical harm reduction services. More than a third (35 per cent) reported disruptions to emergency interventions and 30 per cent reported access for medications for mental, neurological and drug addiction. Around three-quarters reported at least partial disruptions to school and workplace mental health services (78 per cent and 75 per cent respectively).

“Everyone’s mental health is getting impacted during lockdown but we wanted to specifically focus on whether stress and anxiety had increased and whether people who were no longer in counselling were experiencing relapses,” said Gurpreet Singh, Founder, TCOH.

"The last nine months have been unexpected. The situation has taken a major toll on the mental health of citizens. With the series of lockdowns, anxiety, job cuts, health scares, and the overall volatile environment, stress levels are at an all-time high’’ said Swati Sahney, Co-Founder, TCOH.