

BRIEF OUTLINE OF DMHP KANNUR

During the 10th five –year Plan, Government of India sanctioned two District Mental Health Programmes to Kerala vide letter No. V/15011/6/2003 PH(Pt) Government of India, Ministry of Health and Family Welfare . One is for Kannur district and Medical College Kozhikode as the Nodal centre and the other for Idukki district with Medical College Kottayam as the Nodal Centre.

Background

Health is defined as a state of complete physical, mental and social well being and not merely the absence of disease. How many of us are healthy in this sense is a big question. However, this definition underscores the importance of mental health and social health. But unfortunately mental health is not given adequate importance by the public and not covered in most of the government sponsored health programmes.

The limited number of psychiatrists and other mental health professional available are largely concentrated in urban areas, whether in Govt. or Private sector. Because of these reasons the Central Govt. decided to device a specific Programme to improve the mental health services in the country. This is based on a model developed by NIMHANS Bangalore who did a pilot Programme of this kind in Bellary district of Karnataka. This model was later found to be suitable for being implemented over the whole country. This how the programme was developed

Initially it was implemented in a few districts in India in the 9th plan. Thrissur and Trivandrum were in the Programme in this phase. In the 10th plan the districts of Kannur, Idukki were involved. Recently a Programme is sanctioned for Wayanad district.