



Finance Minister has made much-needed, long-awaited, welcome announcements. The launch of the national tele-mental health programme for mental health – counselling shall make great impact, right from the grassroots level. Especially after the rise in anxiety, depression, and other mental health issues due to the pandemic. The digital registries will enable citizens to easily access psychological healthcare facilities, leading to a happier and healthier future

Minu Budhia, Founder-Director of Caring Minds