

# **K'TAKA DISTRICTS WITH HIGH ALCOHOL, SUBSTANCE USE SEE MORE MENTAL HEALTH ISSUES: REPORT - THE NEWS MINUTE.COM**

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In what is possibly a first of its kind initiative, a report has compiled the mental health burden in Karnataka in terms of common as well as severe mental health issues, suicide ideation, alcohol and substance use, and segregated it district-wise. A report, prepared by CHD Group, a global health organisation, has collated data from state-run institutions, and found that over a million people sought consultation in Karnataka for mental health issues in 2018-19.

There were over 10 lakh mental health consultations in public health institutions in Karnataka in 2018-19. Thirty-four percent of these people were found to have common mental health issues like depression and anxiety; 18% had severe mental health issues like schizophrenia and bipolar disorder; 12% were reported to be alcohol (18.4%) and substance use (11.2%) cases; and three percent (29,005) cases of suicide thoughts.

Worth noting is that 29% of mental health consultations were reported from just three districts – Raichur (12.1%), Bidar (8.9%), and Chikkaballapur (7.9%) – which were also the districts that had the highest incidence of alcohol and substance use at public health institutions at a cumulative 1,11,877 cases.

For complete report Click the link Bellow:

<https://www.thenewsminute.com/article/k-taka-districts-high-alcohol-substance-use-see-more-mental-health-issues-report-116103>