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Exploring the Increasing Availability of Antidepressants

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1. Abstract

Mental health disorders are a growing concern in India, with depression being one of the most prevalent conditions. The increasing availability of antidepressants, particularly Selective Serotonin Reuptake Inhibitors (SSRIs), has played a crucial role in improving treatment outcomes. Government initiatives such as the Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) have made generic antidepressants more affordable, helping to bridge the gap in access to essential medications. Additionally, mental healthcare policies like the National Mental Health Programme (NMHP) and the National Tele Mental Health Programme (NTMHP) have been introduced to expand mental health services, particularly in rural and underserved regions.

Despite these advancements, challenges remain in ensuring widespread accessibility and affordability. Economic constraints, stigma, and lack of awareness still act as barriers to treatment adherence. The role of public-private partnerships, digital healthcare solutions, and awareness campaigns is becoming increasingly important in addressing these issues. This review examines how these efforts are shaping the accessibility of antidepressants in India while highlighting the need for further policy enhancements to strengthen mental healthcare services.

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