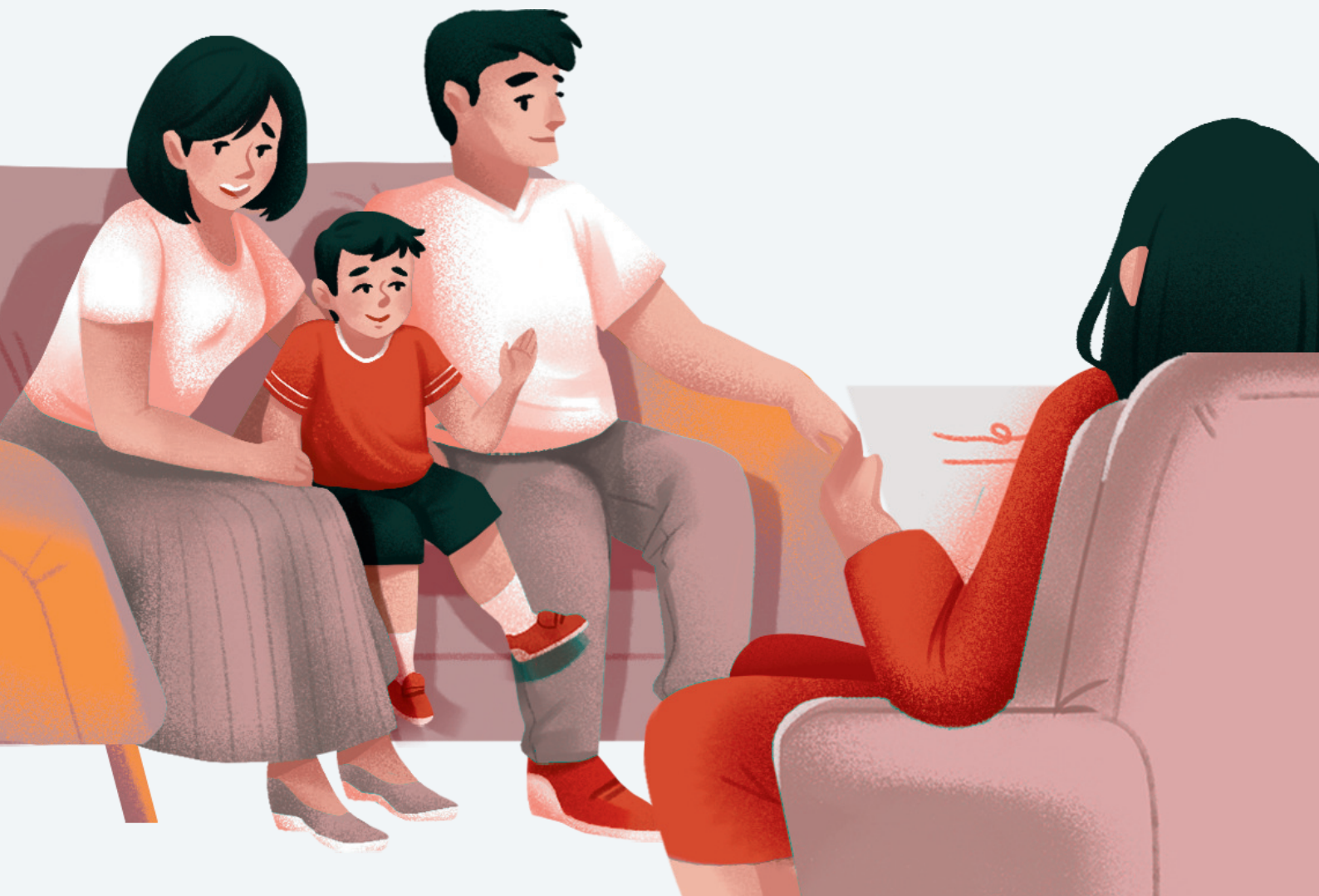


Referral Pathway for Mental Health Support in TB Care

Recognition → Supportive Conversation → Referral → Follow-up

MSF IMPACT Unit

TB care includes addressing the emotional and psychological challenges faced by patients. This handout is a reference document for healthcare workers to recognize mental health issues and refer patients to appropriate support systems.





Course of Action

1. When to Refer

**Be alert to signs that a patient may need additional mental health support:
(PHQ9/ other mental health checklists annx. 1&2)**

- **Persistent sadness, crying, or hopelessness**
- **Withdrawal from others or refusal to attend appointments**
- **Panic attacks, extreme fear, or constant worry**
- **Talking about death or showing signs of self-harm**
- **Confusion, hearing voices, or extreme behavior changes**

2. Who to Refer

Refer to available local resources such as:

- **Psychologist or counselor at your facility**
- **Mental health department in district or government hospital**
- **NGOs offering TB and mental health support**
- **Mental health helplines like KIRAN (1800-599-0019),
iCALL(9152987821), tele MANAS (14416), Jeevan Aastha Helpline
(18002333330), Samaritans Mumbai (8422984528) (Annx.3)**

Note:

Early intervention saves lives. Always maintain confidentiality and show empathy. Refer early; do not wait until crisis occurs. Mental health is as important as physical health in TB treatment success.



3. How to Refer Steps to ensure the patient feels safe and supported:

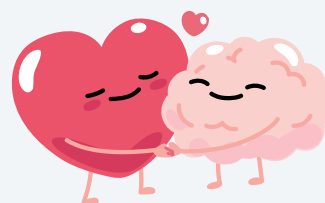
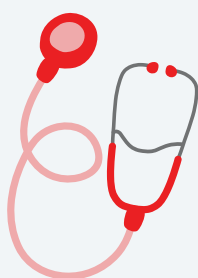
- Listen calmly and without judgment
- Use simple words:
It's okay to feel this way. Let's talk to someone who can help.'
- Provide address, phone number, and timings of referral center
- Call ahead to the center if needed
- Record the referral and follow up during the next visit

4. Red Flags

(immediate attention and care required)

If the patient talks about suicide or self-harm: (Annx 3)

- Stay with the patient.
- Call a supervisor or mental health professional immediately.
- Contact emergency services if required or patient relatives or caregiver to be with patient.
- Do not leave the patient alone until help arrives.



Note:

Early intervention saves lives. Always maintain confidentiality and show empathy. Refer early; do not wait until crisis occurs. Mental health is as important as physical health in TB treatment success.

Mental Health Checklist for TB Patients *Annexure.1*



Tick [✓] the appropriate boxes based on the patient's responses and your observations.
This simple checklist is designed for routine TB patient assessments.

Section	Question	Yes	No
General Questions	How have you been coping with your TB treatment?		
	Have you been able to follow your treatment plan without any issues?		
Mental Health Screening (In the past 2 weeks, have you)	Felt sad or down more often than usual?		
	Felt anxious, worried, or nervous?		
	Had trouble sleeping?		
	Felt hopeless or worthless?		
	Experienced changes in appetite (eating more or less)?		
	Felt irritable or angry more than usual?		
Stigma and Social Support (In the past month, have you):	Felt isolated or avoided because of your TB diagnosis?		
	Experienced discrimination at work, home, or in your community?		
	Have someone you trust to support you emotionally or mentally/physically?		
Appearance and Behavior	Neat and clean		
	Disheveled or unkempt		
	Noticeable weight changes		
	Normal behavior		
	Signs of distress (e.g., crying, avoiding eye contact)		
	Lethargic or overly energetic		
Treatment Adherence (In the past week or more, have you)	Missed any doses of your medication? If yes, why?		
	Felt overwhelmed by your treatment plan?		
Input from Caregiver (If available)	Have you noticed any changes in the patient's mood or behavior in the last month?		
	Has the patient seemed withdrawn, forgetful, or agitated?		
	Is the patient struggling with daily tasks or personal care?		
Next steps	Refer to mental health services if there are concerning signs.		
	Discuss stigma, coping strategies, and available support systems with the patient and caregiver.		
	Schedule follow-up to monitor mental health and treatment adherence.		

Patient Health Questionnaire

Annexure.2



Over the last two weeks, how often have you been bothered by any of the following problems? (Use “✓” to indicate your answer)	Not at all	Several days	More than half the days	Nearly everyday
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

For office coding: 0 + + +

Total score =

If you have ticked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult





Mental Health helpline in India

(keep adding more numbers as per your district or area)

Category	Helpline name	Contact	Details
National	Tele-MANAS	14416 / 1-800-91-4416	Govt. of India initiative 24x7 Multilingual support
National (backed by Maharashtra)	MPower minds	1800-120-820050	For Adults 18+, 24x7, Hindi/Marathi/English
National	iCall – TISS	+91 52987821	Email: icall@tiss.edu Mon-Sat 10am–8pm Call/email/chat support
National	Vandrevala Foundation	9999 666 555 / 1860 266 2345	Website: www.vandrevalafoundation.com 24x7 support
NGO - Based	Fortis Stress Helpline	+91 8376804102	Call & WhatsApp 24x7 helpline
NGO - Based	AASRA	+91-9820466726	Email: aasrahelpline@yahoo.com 24x7 suicide prevention
NGO - Based	Snehi	+91-9582208181	10am–5pm daily Emotional support & counseling
Youth / LGBTQIA+	iCall Yuva Spandan	1800-121-3667	Support for adolescents & youth
Youth / LGBTQIA+	Sangath – Mann Talks	+91 52987824	Chat-based support for young people
Youth / LGBTQIA+	The Humsafar Trust	+91 9930095856 / +91 9833988830	Email: info@humsafar.org LGBTQIA+ mental health support



MSF IMPACT Unit

