



ROUND TABLE SERIES

SHAPING THE FUTURE OF DIGITAL MENTAL HEALTH IN INDIA

A National Dialogue & Innovation Series



Digital innovation is reshaping mental health care.

Its success depends not only on technology, but on **collaboration, evidence, ethical safeguards and lived experience.**

The **ICMR–NIMHANS Center for Advanced Research** is convening a multi-phase national series of dialogues and consultations to engage service providers, users, developers, startups, youth, researchers, and policy experts.

This **Round Table Series** will synthesize diverse perspectives into shared insights to inform policy directions and guidelines for digital mental health in India.

By amplifying voices from the ground up, the initiative aims to build **national consensus** and **drive actionable policy recommendations.**

What Makes This Series Unique?

STAKEHOLDER-
DRIVEN
DISCUSSIONS

EVIDENCE-
INFORMED AND
PRACTICE-
ORIENTED

FORGING A PATHWAY
FROM DIALOGUES→
EVOLVING
RECOMMENDATIONS

FOCUS ON
REAL-WORLD
CHALLENGES &
SOLUTIONS

This series is about listening to each other & making voices matter. Participants are invited to be heard & to shape the national conversation on digital mental health.



OVERVIEW

Roundtable Dialogue Series on Digital Technologies for Mental Health

(3 Days | Focused Stakeholder Dialogues)

A series of structured roundtable discussions will bring together key stakeholders to explore:

- The potential of digital tools in mental health and wellbeing.
- Critically examine ethical, clinical, and implementation challenges.
- Identify solutions that maximize public good while preventing harm.

Insights from these discussions will be synthesized and taken forward to a **National Consultative Meeting** on **Evolving Policy Recommendations**.

Participants are invited to choose **one of three roundtables** that best aligns with their background, experience, and where their voice can have the greatest impact.



Roundtable Dialogue I – For Mental Health Service Providers

20 FEBRUARY, 2026

02:30 PM – 04:30 PM

**Board Room,
Convention Centre,
NIMHANS**

A space for clinical psychologists, therapists, counsellors, psychiatrists, and allied professionals to share real-world experiences with digital mental health tools discussing their potential, the challenges faced, the cautions to keep in mind, and the pathways ahead.

Mental health service providers with an interest in digital tools are invited to contribute to the discussions, regardless of their current use of digital technology in their practice.

Roundtable Dialogue II – Mental Health App Users

21 FEBRUARY 2026

10:30 AM – 12:30 PM

**Board Room,
Convention Centre,
NIMHANS**

A dedicated space for users and explorers of mental health apps and platforms to make their voices heard—sharing experiences, expectations and hopes to keep digital mental health truly user-centered and ethical.

Join in if you are a mental health app enthusiast, tend to explore such apps or have used one or more of them

Roundtable Dialogue III – Mental Health App Developers

21 MARCH, 2026

10:30 AM – 12:30 PM

**Board Room,
Convention Centre,
NIMHANS**

A space for mental health app developers and technologists to speak openly about the hurdles they face, the dilemmas they navigate, and the bottlenecks they encounter—while sharing ideas on what works and what could make digital mental health stronger.



icmr
INDIAN COUNCIL OF
MEDICAL RESEARCH
Serving the nation since 1911

ROUND TABLE SERIES

AT A GLANCE

FEB 20 « **Mental Health
Service Providers**
02:30 PM - 04:30 PM

FEB 21 « **Mental Health
App Users**
10:30 AM - 12:30 PM

MAR 21 « **Mental Health
App Developers**
10:30 AM - 12:30 PM

To Register Click on Register Now or Scan the QR Code

**Your Voice Matters.
Your Experience Counts.
Let's collaborate!**



REGISTER NOW

For further details, email us centerfordigitalmentalhealth@nimhans.net
Website: <https://centrefordigitalmentalhealth.in/>