NIREH, Bhopal released a Manual of Mental Health Care for Medical Officers of Bhopal during a Workshop held on 5th May 2016 in the auditorium of BMHRC, Bhopal. The self instructional Mental Health Manual prepared under the guidance of Prof. R.S. Murthy, Retd. Prof. & Head of Psychiatry, NIMHANS, Bangalore in association with well known Mental Health Experts of the Country by NIREH, is designed to share the diagnostic and treatment skills for mental health disorders with non mental health doctors of Bhopal. This Manual is unique in reflecting the current mental health needs of Bhopal population and the methods suitable for general medical officers of Bhopal to provide essential mental health care. It is hoped to doctors in both public and private sectors, using the Manual, shall be able to integrate mental health with their general health care.