

Deepika Padukone Named India's First Mental Health Ambassador

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On **World Mental Health Day 2025**, Deepika Padukone announced she has been appointed as India's **first-ever Mental Health Ambassador** by the Union Ministry of Health & Family Welfare.

She shared the news via Instagram, calling the appointment “deeply special” and expressing gratitude.

Why Deepika?

Deepika's own journey has included struggles with depression, which she has openly spoken about.

>In 2015, she founded **The Live Love Laugh Foundation**, dedicated to raising awareness about mental health and reducing stigma in India.

Her public advocacy, combined with her reach, gives her a unique platform to promote national mental wellness.

The role & its potential impact

As Mental Health Ambassador, Deepika is to collaborate with the Health Ministry on campaigns, outreach, and awareness programs.

Her role could help destigmatize mental health issues in India. Many see the move as symbolic but also strategic.

India faces a large mental health burden, with limited resources and gaps in access — and social stigma remains a major barrier to seeking care.

Reactions & support

Her husband, actor Ranveer Singh, expressed pride at her new role.

Media and social platforms responded with enthusiasm, viewing this as a positive step. Therefore bridging the gap between mental health and public discourse.

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