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(भारत सरकार का एक सांविधिक निकाय)

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CIRCULAR

To,

All Vice Chancellors of Technical Universities
Directorates of Technical Education (All States /UTs) and
All Directors/Principals of AICTE Approved Institutions

Subject: Free Tele-Mental Assistance and Networking Across States (Tele MANAS) by the Ministry of Health & Family Welfare

Respected Sir/Madam,

Mental health includes our emotional, psychological, and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

As you may be aware that the Ministry of Health and Family Welfare has launched a landmark initiative of Tele Mental Health Assistance and Networking Across States (Tele MANAS) on the occasion of World Mental Health Day, which aims to provide Tele-mental health services free of cost.

Tele-MANAS has set up a toll free, **24*7** helpline number (**14416**) or **1800891-4416** to cater and deliver the health care services to the last mile free of cost. It has counselled more than 5,42,000 people till date and currently provides counselling through 46 active Tele MANAS Cells in 34 States/UTs. A testimony of this novel initiatives outreach is that more than 2400 calls are being received on this Helpline every day.

It is desired that all HEIs publicize the Tele-MANAS helpline which is available for the benefit of those in need of mental health and wellness services, free of cost and available 24*7.

Let's come together and collaborate for holistic health and mental wellbeing. We deeply appreciate your time and engagement.

With regards,

Yours sincerely,

Mamta
09 Apr, 24

(Dr. Mamta Rani Agarwal)



Tele MANAS

National Tele Mental Health Programme

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