



OFFICE OF THE DIRECTOR, PSNS VISVA-BHARATI

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Tele MANAS – Mental Health Support

Tele MANAS – Government Mental Health Support Service

As per D.O. Letter No. V. 15015/14/2025-PH-I dated 21.07.2025 from AS&MD (NHM), the following public information is shared among the staffs and students to promote awareness and accessibility to the **Tele MANAS Toll-Free Mental Health Helpline**.

Toll-Free Mental Health Helpline Number: 14416

Tele MANAS (Tele Mental Health Assistance and Networking Across States) is a Government of India initiative to provide free, 24x7 tele-mental health services to all citizens.

Key Highlights:

- Accessible from anywhere in India
- Available in multiple languages
- Confidential and professional counselling
- Referral support if needed

Download the Tele MANAS App

To make mental health services more accessible, the **Tele MANAS Citizen App** is now available on the Google Play Store. One can download the app using any of the following methods:

1. Scan the QR code below using smart phone camera or a QR code scanner:
2. Click the direct download link below: [Download from Google Play Store](#)
3. Search manually on Google Play Store: Open the Google Play Store app on your Android device and search for "Tele MANAS" IEC Videos and Awareness Materials



To enhance awareness about mental health and the Tele MANAS initiative, a range of Information, Education, and Communication (IEC) videos and digital resources have been developed.

Click below to access the Tele MANAS IEC Resource Folder: through the following google drive link.

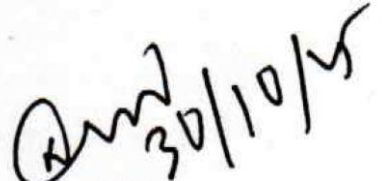
https://drive.google.com/drive/u/0/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU

Help Us Spread the Word

We encourage all Bhavanas and Centres to help disseminate this valuable information by:

- Playing IEC videos on digital displays
- Placing posters with the QR code in common areas
- Informing students about the 14416 toll-free number

Let's work together to promote mental well-being and ensure access to professional mental health support for all.


Director, PSNS
Visva-Bharati