



Indian Institute of Information Technology, Design and Manufacturing,
Kancheepuram, Chennai-600127

National Tele Mental Health Programme (Tele MANAS) of India



Tele MANAS

As per O.M No. 9-89/2025-U.II, Dated: 11th August, 2025 received from U.II Section of Department of Higher Education, Government of India, the following public information is shared to promote awareness and accessibility to the **Tele MANAS Toll-Free Mental Health Helpline**.

The **Ministry of Health and Family Welfare** has been steadfast in its endeavor to provide accessible, stigma-free, and confidential mental health services to all citizens, particularly the youth population.

In this regard, the **National Tele Health Programme (Tele MANAS)** has witnessed overwhelming public response since its launch on 10th October 2022. Services are being offered free of cost, 24×7, in 20 languages, ensuring inclusive mental health support across the country.

In view of growing demand for specialized mental health services, the Ministry piloted a Video Consultation Platform in select States, which has now been scaled nationally, enabling real-time consultations with mental health professionals, particularly beneficial for students in remote or underserved areas.

Toll-Free Mental Health Helpline Number: 14416 (or) 1-8008914416

Key Highlights:

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

To further enhance reach and accessibility, the English and Hindi version of the Tele MANAS mobile application has been launched, and efforts are underway to introduce more regional language versions.

Students in higher educational institutions often face significant psychological stress, and ensuring access to timely support is vital.



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The links for the application for integration and dissemination across digital platforms and institutions has been provided under:

Google Play (Android):

https://play.google.com/store/apps/details?id=org.telemanas.citizen&pcampaignid=web_share

App Store (i-phone):

<https://apps.apple.com/in/app/tele-manas/id6738463055?platform=iphone>

QR code:



EC 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 by the Ministry.
- ✓ Click below to access the Tele MANAS IEC Resource Folder: [Access IEC Resources](https://drive.google.com/drive/u/0/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU)
(https://drive.google.com/drive/u/0/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU)

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

For queries contact, **PIC-Counselling & Mental Wellbeing:** Dr. Y. Ashok Kumar Reddy

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