

To,

All Vice Chancellors, Technical Universities

Principals / Directors, AICTE Approved Technical Institutions

Sir/Madam,

Sub: -Tele MANAS – a toll free mental health helpline to provide support and assistance to people struggling with mental health issues – ref. from Ministry of Health & Family Welfare – reg.

Mental health is a critical and complex issue that affects many individuals, particularly during stressful and challenging times. By promoting the availability of Tele MANAS to students, they can be helped to access the resources they need to support their mental health and well-being.

As you may aware that the Government of India has launched Tele MANAS – a toll-free mental health helpline that provides support and assistance to those struggling with mental health issues. Access to trained and accredited mental health counsellors is available across the country in multiple languages on the **toll free numbers 14416 and 1800-891-4416**.

The details received from Secretary, Department of Health and Family Welfare, Govt. of India. are enclosed herewith for your perusal please. Kindly disseminate information about Tele MANAS among faculty members, staff and students of your institution for effective utilization of Tele MANAS health helpline.

Your support will go a long way in promoting the mental health of young students of India. We deeply appreciate your time and engagement.

PFA: <https://drive.google.com/file/d/1nV7pjl740cMTKFSSsSFE4-1nqTSzjshX/view?usp=sharing>

PFA: <https://drive.google.com/file/d/1OqKJinCy456uVllt9dJBhjQWWCfx3hoy/view?usp=sharing>