



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी  
सचिव

**Prof. Manish R. Joshi**  
Secretary



सत्यमेव जयते



आज़ादी का  
अमृत महोत्सव  
विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

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04<sup>th</sup> April, 2024/ 15 चैत्र, 1946

**Subject: Regarding landmark initiative of Tele Mental Health Assurance and Networking Across States (Tele- MANAS)**

Respected Madam/Sir,

As you are aware, the Ministry of Health and Family Welfare has launched a landmark initiative of Tele Mental Health Assurance and Networking Across States (Tele MANAS) on 10<sup>th</sup> October, 2022 on the occasion of World Mental Health Day, which aims to provide free tele-mental health services all over the country round the clock, particularly catering to people in remote or under-served areas.

In this regard, it is stated that a toll-free, 24x7 helpline number 14416 or 1800-891-4416 has been set up to cater and deliver the health care services to the last mile free of cost and Tele MANAS has performed commendably since its launch, which further needs popularizing amongst masses creating awareness about the availability of such service which is free of cost and available 24x7.

Further, the new logo (copy enclosed) has been launched to Tele- MANAS at the National Health Mental Health Conclave on the occasion of World Mental Health Day- 2023 i.e., 10<sup>th</sup> October, 2023 and the 1<sup>st</sup> anniversary of NTMHP.

The Higher Educational Institutions are requested to widely publicize about 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 24x7.

With kind regards,

Yours sincerely,

(Manish Joshi)

**Encl: As stated above.**

To  
The Vice-Chancellors of all Universities  
The Principals of all Colleges/Institutes



# Tele MANAS

National Tele Mental Health Programme

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