



Research Unit
Press Information Bureau
Government of India

Tele MANAS: Revolutionizing Mental Health Care in India

Over 14.7 Lakh Calls Served in Two Years, Transforming Mental Healthcare Accessibility

(Ministry of Health and Family Welfare)

October 13, 2024

Introduction

The National Tele Mental Health Programme (NTMHP), launched by the Government of India on October 10, 2022, marks two years of significant contributions to the nation's mental healthcare system. As part of this initiative, Tele MANAS (Tele Mental Health Assistance and Networking Across States) was introduced as a toll-free helpline (14416) available nationwide, offering a wide range of mental health services. Through this digital platform, individuals can access telephone-based counselling, psychotherapy, psychiatric consultations, and referral services, including urgent care, without the barriers of distance or cost.

The poster features a yellow background with a silhouette of a human head in profile, facing left. Inside the head, a white brain is depicted with glowing lines. At the bottom, there is a faint outline of a city skyline. The text is in a mix of bold and regular fonts, with some text highlighted in red boxes. Logos for the Ministry of Electronics and Information Technology and Digital India are in the top left. A URL is in the top right.

MINISTRY OF ELECTRONICS AND INFORMATION TECHNOLOGY
GOVERNMENT OF INDIA

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Visit <https://telemanas.mohfw.gov.in/>

Feeling Alone?
Trust Tele MANAS

India's comprehensive
mental health care service

Dial **14416** OR **1800 8914416**

Talk to **Trained & Accredited Counsellors**

For specialised care, you will be connected with Mental Health Specialists