



राष्ट्रीय कार्यबल

National Task Force

Appointed by the Supreme Court of India



Student Support Resources

If you are feeling distressed due to mental stress, academic pressure, social problems, loss, or suicidal thoughts...Help is just one call away.

જો તમે માનસિક તણા, શૈક્ષણિક દબાણ, સામાજિક સમસ્યા, નુકસાન અથવા આત્મહત્યાના વિચારોના કારણે મૂંઝવણ અનુભવી રહ્યા હોવ તો... મદદ ફક્ત એક કોલ દૂર છે.

You can also reach out if you are concerned about your friend, classmate, or colleague.

તમે તમારા મિત્ર, સહાધ્યાયી અથવા સહકર્મચારી માટે ચિંતિત હોવ તો પણ સંપર્ક કરી શકો છો.

Category	Helpline Name	Number	Purpose	Availability
Emergency	Emergency Response System	112	Police, Fire, Ambulance	24/7
Mental Health	Tele-MANAS	14416 / 1800-891-4416	Mental health support	24/7
Mental Health	Manodarpan	8448440632	Emotional support for students	24/7
Protection	Women Helpline	181	Emergency support for women	24/7
Protection	National Commission for Women	78271-70170	Grievance redressal & tracking for women	24/7
Protection	Anti-Ragging Helpline	1800-180-5522	Report ragging / harassment	24/7
Protection	Cyber Crime Reporting	155260 / 1930	Online abuse, fraud, harassment	24/7
Legal / Rights	SC/ST Atrocities Prevention	14566	Report caste-based discrimination / violence	24/7
Legal / Rights	Disability Info Helpline	14456	Support for persons with disabilities	Mon-Sat, 9:00 AM-5:30 PM
Legal / Rights	Legal Aid Helpline	15100	Free legal help for vulnerable groups	Mon-Fri, 9:30 AM-5:00 PM