

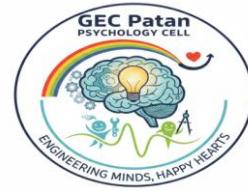


राष्ट्रीय कार्यबल

## National Task Force

Appointed by the Supreme Court of India

सत्तमेव जयते



# 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 તાણા, શૈક્ષણિક દખાણા, સામાજિક સમસ્યા, નુકસાન અથવા આત્મહત્યાના વિચારોના કારણે મૂલું અવણા 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, સહાધ્યાચી 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 |