

Ministry of Health and Family Welfare, Govt. of India
2, B.S.Z. Marg, New Delhi
(R & I Branch)
Receipt No. 1527
Date 10/5/23



राजेश भूषण, आईएएस
सचिव
RAJESH BHUSHAN, IAS
SECRETARY



आज़ादी का
अमृत महोत्सव

भारत सरकार

स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India

Department of Health and Family Welfare
Ministry of Health and Family Welfare

D.O. No.V.15015/03/2023-PH-I

1st May 2023

Directorate of Health and Family Welfare Services

Date 8/5/23

Dear Colleague,

As you may be 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 number 14416 and 1800-891-4416.

2. Tele MANAS is a revolutionary digital mental health service connecting distressed individuals with mental health professionals on a 24x7 basis. Individuals suffering from any kind of mental distress can reach out to these services and seek help from professionals in this tier-based system. Tele MANAS is an excellent resource that can provide them with the help they need and has received more than 100,000 calls since its launch on 10th October 2022.

3. With a view to make public aware of this ambitious initiative, I request your personal intervention for wide circulation and publicity of Tele MANAS service in your State/UT especially among students in educational institutions. IEC Material in respect of Tele MANAS are enclosed herewith and same may also be translated in the regional language of your State/UT for wide dissemination.

Warm Regards

Yours sincerely,

(Rajesh Bhushan)

Encl. : A/a

To : Chief Secretaries of all the States/ UTs.

Copy to: ACS/Principal Secretaries/Secretaries (Health) of all the States/UTs

DIR IHBAS
DGHS
125-804
SS (DGHS)
150
150
150

9513
Circular to all
Health Authorities

1/c (PH-II)
9/5/2023