



स्वास्थ्य एवं  
परिवार कल्याण मंत्रालय  
MINISTRY OF  
HEALTH AND  
FAMILY WELFARE  
GOVERNMENT OF INDIA

# NATIONAL TELE MENTAL HEALTH PROGRAMME OF INDIA

Tele Mental Health Assistance and Networking  
Across States

Digital Arm of District Mental Health Programme

## Tele MANAS

A Government of India Initiative to provide comprehensive  
digital mental health counselling & care services across  
the country

**TOLL FREE NUMBER**

 **14416**

 **1-800-891-4416**

