

Tele-MANAS

Tele Mental Health Assistance and Networking Across States

Accessing mental healthcare has never been easier!



Please call the
toll-free helpline at
14416 or
1800-891-4416



You can connect
with a trained and
**accredited
counsellor**



You may be
connected with a
**mental health
specialist** in case
specialised care is
required



You can also
connect with
**medical resources
or e-Sanjeevani**
for in-person and
online services



Tele MANAS

National Tele Mental Health Program

1 4 4 1 6

