

## **HELP IS JUST A CALL AWAY**

Under the aegis of Ministry of Health and Family Welfare, the National Tele-MANAS initiative, launched on 10th October 2022, has received overwhelming public response, having handled over 23 lakh calls through 53 functional Tele-MANAS cells across all States and Union Territories. This service is being offered free of cost, 24x7, in 20 languages, thereby ensuring inclusive and accessible mental health support across the country.

In this context, the Department of Higher Education plays a pivotal role in promoting mental well-being among the youth. Students in Higher Educational Institutions often face significant psychological stress, and ensuring timely access to mental health support is of utmost importance.

Tele MANAS helpline number is 1800-891-4416 .

Students can also access Google

Drive link- [https://drive.google.com/drive/u/6/folders/1B\\_EvQV3Gv80Moz\\_x5T-mh\\_VoKsVCBWEKU](https://drive.google.com/drive/u/6/folders/1B_EvQV3Gv80Moz_x5T-mh_VoKsVCBWEKU) .