



Ministry of Health & 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**



TRANSFORMING MENTAL HEALTH THROUGH TECHNOLOGY..