



Ministry of Health & Family Welfare
Government of India

You don't have to suffer anymore.

Don't bury
your
emotions

Don't
suffer in
silence

Don't be
ashamed to
share your
story

Don't let
your stress
ruin your
day

Don't
feel as a
failure

Don't
fight
alone



Call Tele MANAS
☎ Toll-free number
14416
1800- 8914416

