

आनंदराव वि. पाटील, भा.प्र.से.

अपर सचिव

**Anandrao V. Patil, IAS**  
Additional Secretary



सत्यमेव जयते

भारत सरकार  
शिक्षा मंत्रालय  
स्कूल शिक्षा और साक्षरता विभाग  
Government of India  
Ministry of Education  
Department of School Education & Literacy

**D.O. No. 4-1/2024-PMP-1**

**Dated the 28<sup>th</sup> February, 2024**

*Dear Sir/Ma'am,*

As you are aware that Government of India has launched Tele MANAS- a toll free mental health helpline that provides support and assistance to those struggling with mental health issues. Access to trained and accredited mental health counsellors is available across the country in multiple languages on the toll-free number 14416. Presently there are 49 functional Tele MANAS cells operating through 35 States/UT and the service is available in 20 languages. In this regard, please find enclosed Department of Health and Family's D.O. letter No. 15015/03/2023-PH-I dated 08.02.2024.

2. Mental health is a critical and complex issue that affects many individuals, particularly during stressful and challenging times. The National Tele Mental Health Programme of India (Tele MANAS) envisions working as a comprehensive, integrated and inclusive 24 x 7 free counselling service through trained counsellors with calls escalated to Mental Health professionals in case of need.

3. You are aware that today's students face a lot of pressure due to stress about their academic performance. By promoting Tele MANAS to students, they can be helped to support their mental health and well-being. Tele MANAS is an excellent free resource that can provide them the help they need.

4. We solicit your support to spread the word about Tele MANAS in your respective State/UT and share the helpline number with schools/institutions and let them know that the students can call at any time for free and confidential support. You may also add information about the helpline on your website, social media platforms or student's newsletter.

*With Regards*

Yours sincerely,

Encl: As above

*Anand Patil.*

**(Anandrao V. Patil)**

The Additional Chief Secretaries/ Principal Secretaries / Secretaries (Education) and Directors /Commissioners of PM POSHAN Scheme of all States and UTs.

आपूर्व चन्द्रा, भा.प्र.से.  
सचिव  
APURVA CHANDRA, IAS  
Secretary



सत्यमेव जयते



आज़ादी का  
अमृत महोत्सव

भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण विभाग  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय

Government of India  
Department of Health and Family Welfare  
Ministry of Health and Family Welfare

D.O. No. V.15015/03/2023-PH-I  
8<sup>th</sup> February, 2024

AS (PMPY)  
All state Secretaries/SPDs/All BHS/  
DM ARS Head  
Dear Sanjay

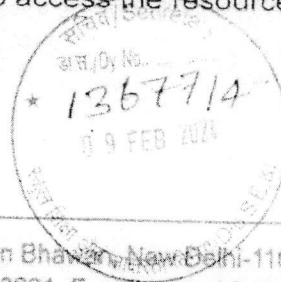
As you may be aware that the Government of India has launched Tele MANAS – a toll free mental health helpline that provides support and assistance to those struggling with mental health issues. Access to trained and accredited mental health counsellors is available across the country in multiple languages on the toll-free number 14416.

2. The National Tele Mental Health Programme of India (Tele MANAS) envisions working as a comprehensive, integrated and inclusive 24 x 7 free counseling service through trained counsellors with calls escalated to Mental Health professionals in case of need. Continuum of care is also assured by referring for face-to-face services if required and follow ups are also ensured to ascertain well-being of callers. Presently there are 49 functional Tele MANAS cells operating through 35 States/ UT and the service is available in 20 languages. The National Tele Mental Health Helpline is successfully reaching the beneficiaries including the vulnerable populations and hitherto unreached areas.

3. As you are aware that today's students face a lot of pressure due to stress about their academic performance. Young students and their family members are at risk of developing stress, anxiety and other issues related to mental health in view of the impending exams specially students who will be appearing for their board examinations. Department of School Education and Literacy through various educational institutions plays a pivotal role in ensuring well-being of the students. While many students may be aware of the importance of seeking timely help when they are struggling with stress, they may not know where to turn for support. Tele MANAS is an excellent and free resource that can provide them with the help they need and has handled more than 6,50,000 calls since its launch on 10th October, 2022.

4. I encourage you to spread the word about Tele MANAS to all the educational organization/ institutes under your department such as Central Board of Secondary Education, Kendriya Vidyalayas, Navodaya Vidyalayas and share the helpline number with them and let them know that the students can call at any time for free and confidential support. They can also consider adding information about the helpline on their website, social media platforms, or student's newsletter. (IEC material such as posters, FAQ and information booklet are enclosed).

5. Mental health is a critical and complex issue that affects many individuals, particularly during stressful and challenging times. By promoting the availability of Tele MANAS to students, they can be helped to access the resources they need to support their mental health and well-being.

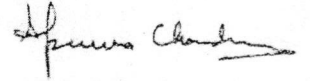


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6. I hope your support will go a long way in promoting the mental health of young citizens of India.

*with regards*

Yours sincerely,



(Apurva Chandra)

Encl: as above

**Shri Sanjay Kumar**  
**Secretary,**  
**Department of School Education and Literacy,**  
Ministry of Education,  
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New Delhi.  
(e-mail: [secy.sel@nic.in](mailto:secy.sel@nic.in))