

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 28th 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.