

F. No. 9-89/2025-U.II
Government of India
Ministry of Education
Department of Higher Education

Shastri Bhawan, New Delhi,
Dated 11 August, 2025.

Office Memorandum

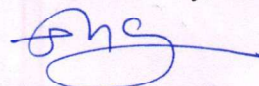
Subject: Request for promoting Mental Health through Tele MANAS in Higher Educational Institution-reg.

The undersigned is directed to forward a copy of D.O. letter dated 21.07.2025 received from M/o H&FW, Department of Health and Family Welfare on the above-mentioned subject. The content of the letter is self-explanatory.

2. It is requested to take necessary action as advised by M/o H&FW vide ibid letter.

Encl. As above.

Yours Faithfully,

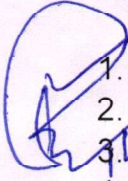


(Sanjay Kumar)

Under Secretary to the Govt. of India

Copy to:-

1. Additional Secretary (Education)
2. Joint secretary, (TE Bureau)
3. Joint secretary, (TEL Bureau)
4. Joint secretary, (ICC)
5. Joint Secretary (Management)
6. Economic Advisor (HE),
7. Advisor Cost, Department of Higher Education.
8. Joint Secretary (HE)
9. JS (Admin)


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आराधना पटनायक, भा.प्र.से.
अपर सचिव एवं मिशन निदेशक (रा.स्वा.मि.)

Aradhana Patnaik, IAS
Additional Secretary & Mission Director (NHM)



सायमेद जयते
आज्ञादीक
अमृत महोत्सव

भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Government of India
Ministry of Health & Family Welfare

D.O.No.V.15015/14/2025-PH-I
Dated: 21st July, 2025

Respected Sir,

At the outset, I extend my sincere appreciation for your continued support in furthering the mental health initiatives under the Tele MANAS programme. The Ministry of Health and Family Welfare has been steadfast in its endeavour to provide accessible, stigma-free, and confidential mental health services to all citizens, particularly the youth population.

The National Tele Mental Health Programme (Tele MANAS) has witnessed overwhelming public response since its launch on 10th October 2022, having handled over 23 lakh calls through 53 functional Tele MANAS cells across all States and Union Territories. Services are being offered free of cost, 24x7, in 20 languages, ensuring inclusive mental health support across the country.

In view of growing demand for specialized mental health services, the Ministry piloted a Video Consultation Platform in select States, which has now been scaled nationally, enabling real-time consultations with mental health professionals – particularly beneficial for students in remote or underserved areas.

To further enhance reach and accessibility, the English and Hindi version of the Tele MANAS mobile application has been launched, and efforts are underway to introduce more regional language versions. The QR code for the application is enclosed for integration and dissemination across digital platforms and institutions.

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 access to timely support is vital.

I request your kind support in facilitating the following across all institutions under your purview:

1. Wide dissemination of the Tele MANAS helpline numbers - 14416 and 1800-891-4416 - through websites, student handbooks, social media handles, and digital boards on campuses.
2. Promotion and display of the Tele MANAS mobile application QR code in prominent locations including notice boards, libraries, hostels, and counselling centres.
3. Screening and streaming of IEC videos developed by the Ministry, tailored for different demographics. These may be showcased during student orientations, wellness weeks, and other relevant events. [Google Drive Link for IEC Videos: https://drive.google.com/drive/u/6/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU].
4. Encouraging faculty and student bodies to act as peer champions for mental health, helping reduce stigma and improving service uptake.

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Copy to:

- PSO to Secretary (H&FW), Gol

Creating awareness about toll free Government run 24*7 Tele MANAS Helpline- reg.

Shashank Shekhar <mentalhealth-mohfw@gov.in >

Thu, 24 Jul 2025 1:50:34 PM +0530

To "K. Sanjay Murthy"<secy.dhe@nic.in>

Cc "PUNYA SALILA SRIVASTAVA"<secyhfw@nic.in>,"Aradhana Patnaik"<asmd-mohfw@nic.in>,"Vijay Nehra"<js-proc-mohfw@gov.in>,"KAUSTUBH GIRI"<dsnhmfin-mohfw@gov.in>,"Bikash Mahato"<bikash.mahato@nic.in>,"ntmhpmohfw"<ntmhp.mohfw@gmail.com>

Sir / Madam,

Kindly find enclosed the D.O. Letter No. V.15015/14/2025-PH-I dated 21.07.2025 from AS&MD (NHM) requesting prominent display of IEC videos and Tele MANAS toll-free number 14416 and awareness about Tele MANAS applications for effective usage of the toll free government mental health helpline with display of the QR code in prominent locations through websites, student handbooks, notice boards, libraries, social media handles, and digital boards on campuses.

The IEC videos and resource material for Tele MANAS application developed for targeting different demographic populations are available at Google Drive link-
https://drive.google.com/drive/u/6/folders/1B_EvQV3Gv80Moz_x5T-mhVoKsVCEWEKU .

Thanks and Regards,

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Mental Health Division
Room No. 408 A
Ministry of Health & Family Welfare
Nirman Bhawan, New Delhi - 110011
Phone No.: 011-23062868

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