



## Tele MANAS

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The **Jawaharlal Nehru Institute of Postgraduate Medical Education and Research (JIPMER)** has introduced the **"TeleMANAS" (Tele Mental Health Assistance and Networking Across States)** toll-free helpline, providing counseling services for individuals experiencing **mental distress**.

- In 2023, the **Union Ministry of Health and Family Welfare** launched the **toll-free mental health helpline 14416 (Tele-MANAS)** covering **all States and Union Territories** aiming to bridge the gap in access to mental health.
- The app is part of the **National Tele Mental Health Programme of India** and provides a comprehensive library of information on mental health.
- It also offers guidance on managing early signs of stress, anxiety, and emotional challenges.
- **National Tele Mental Health Programme (NTMHP):**
  - NTMHP was **launched in October 2022**, to improve **access to quality mental health counselling and care services** in the country.
  - **National Institute of Mental Health and Neuro Sciences (NIMHANS)**, Bengaluru is the **National Apex Centre**, coordinated activities of **Tele MANAS** across India.

**Read More:** [Strengthening Suicide Prevention Efforts in India](#)

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