



## Tele-MANAS Cell for Armed Forces Mental Health Support

Recently, a dedicated **Tele-MANAS Cell** was inaugurated at the Armed Forces Medical College in Pune.

- The cell serves as an extension of the **Tele-Mental Health Assistance and Networking Across States (Tele MANAS) initiative** of the Ministry of Health and Family Welfare.
  - It functions as a **central psychological helpline** for all Armed Forces beneficiaries across the country.
- The need for tele-mental health services in the Armed Forces is recognized due to unique **stressors faced by military personnel**.
- Tele-MANAS is a **free, comprehensive mental health care service** in India. The service is part of the government's initiative to make **mental health** services accessible to everyone.
  - Tele MANAS has received over 4,60,000 calls nationwide since its launch and operates in 20 languages across 51 active cells.

**Read more:** [Indian Army's Proactive Measures for Mental Health](https://www.drishtiias.com/printpdf/indian-army-proactive-measures-for-mental-health)

PDF Reference URL: <https://www.drishtiias.com/printpdf/tele-manas-cell-for-armed-forces-mental-health-support>

