

Tele Mental Health Assistance and Networking Across States

Shri. Narendra Modi
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Shri. Prateeraj Ganpatrao Jadhav
Union Minister of State, Minister of Health and Family Welfare, Government of India

Professional Help
24/7 Services
Mobile Application
Counsellor Support
Toll-free Services
Video Consultation
Anonymity + Confidentiality
In Multiple Languages

Tele MANAS is a comprehensive mental health care service

Dial the Toll-Free numbers below to get in touch with our Counsellor

14416 OR 1-800 891 4416

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Access mental health resources and support through the Mobile App

Get it on Google Play OR Get it on App Store

MANOASHRAYA

Dashboard on Rehabilitation Homes(RH)/ Halfway Homes(HH) in the country