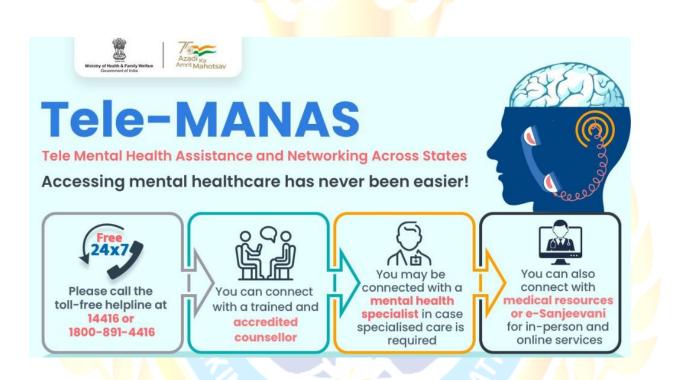


### TELE MANAS: NATIONAL ISSUE NEWS: Revolutionizing Mental Health Care in India

# WHAT'S IN THE NEWS?

The National Tele Mental Health Programme (NTMHP), through Tele MANAS, provides nationwide, 24×7 mental health services via phone, making care accessible to millions.Recognized by WHO, it bridges the treatment gap, especially in underserved areas.



- NTMHP Launch: Started on October 10, 2022, by the Government of India to enhance mental healthcare access.
- Tele MANAS Helpline (14416): Provides free services like counselling, psychotherapy, psychiatric consultations, and urgent care across India.

#### **Impact:**

- Improved mental healthcare access, especially in remote areas.
- Recognised by the WHO as an effective model, integrated with primary healthcare centres.

**SINCE 2006** 

#### Need for Tele MANAS:

- Mental health disorders affect millions in India, with a 70-92% treatment gap.
- Over 80% of people with mental health issues don't seek help despite the 2017 Mental Healthcare Act.
- Tele MANAS addresses this gap by providing essential services over the phone.

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## **Objectives:**

- Universal access to affordable, quality mental healthcare via a 24×7 service.
- Expand nationwide mental health services.
- Build an integrated mental health network.
- Prioritize vulnerable populations.

#### Achievements:

- Handled over 14.7 lakh calls.
- Established 52 Tele MANAS Cells, partnered with 23 Mentoring Institutes, and set up 5 Regional Coordinating Centers.

#### Source:

https://pib.gov.in/PressNoteDetails.aspx?NoteId=153277&ModuleId=3&reg=3&lang=1

