



## 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.

**Tele-MANAS**  
Tele Mental Health Assistance and Networking Across States  
Accessing mental healthcare has never been easier!

- Free 24x7**  
Please call the toll-free helpline at **14416** or **1800-891-4416**
- You can connect with a trained and **accredited counsellor**
- You may be connected with a **mental health specialist** in case specialised care is required
- You can also connect with **medical resources or e-Sanjeevani** for in-person and online services

- **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.

### 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>

