

## **DISPLAY MENTAL HEALTH HELPLINES & MATERIALS**

### **MANODARPAN:**

An initiative by Ministry of Education (MOE), Government of India (GOI) aims to provide psychosocial support for mental health and well-being of students. MANODARPAN initiative is part of the Atma Nirbhar Bharat Abhiyan.

**HELPLINE NO: "8448440632"**

### **TELE-MANAS:**

Tele mental health assistance and networking across States aims at providing services to those who are in distress, exam stress, familial problems, substance use related issues, relationship issues, memory problems, financial stress, any other mental health concern issues.

They can seek help by calling to the

**TOLL FREE NUMBER-"14416" or "1800-89-14416"**