



Manodarpan Initiative.

Manodarpan is an initiative by the Indian Ministry of Education to provide psychosocial support for the mental health and well-being of students, teachers, and families.

IT OFFERS:

1. Psychological support for Mental Health & wellbeing of students.
2. Learning Life Skills.
3. Adolescent's stress and psychological support from institution.
4. Set aside time to spend with each child- Family togetherness.
5. TIPS for parents to help children with special needs.

- **National Toll-free Helpline:**



A dedicated helpline, **1800-11-2011 (formerly 8448440632)**, provides tele-counselling for students from schools, colleges, and universities, along with their parents and teachers.

- **Website:**

manodarpan.mhrd.gov.in.



Manodarpan initiative is launched as part of the [Atmanirbhar Bharat Abhiyan](#), it offers various resources, including a national toll-free helpline, advisories, online counselling, webinars, and an online query system to address mental health concerns.

Tele MANAS is India's national tele-mental health program, launched in October 2022 to provide free, 24/7, and confidential mental health services across the country via phone, video, and an app.

