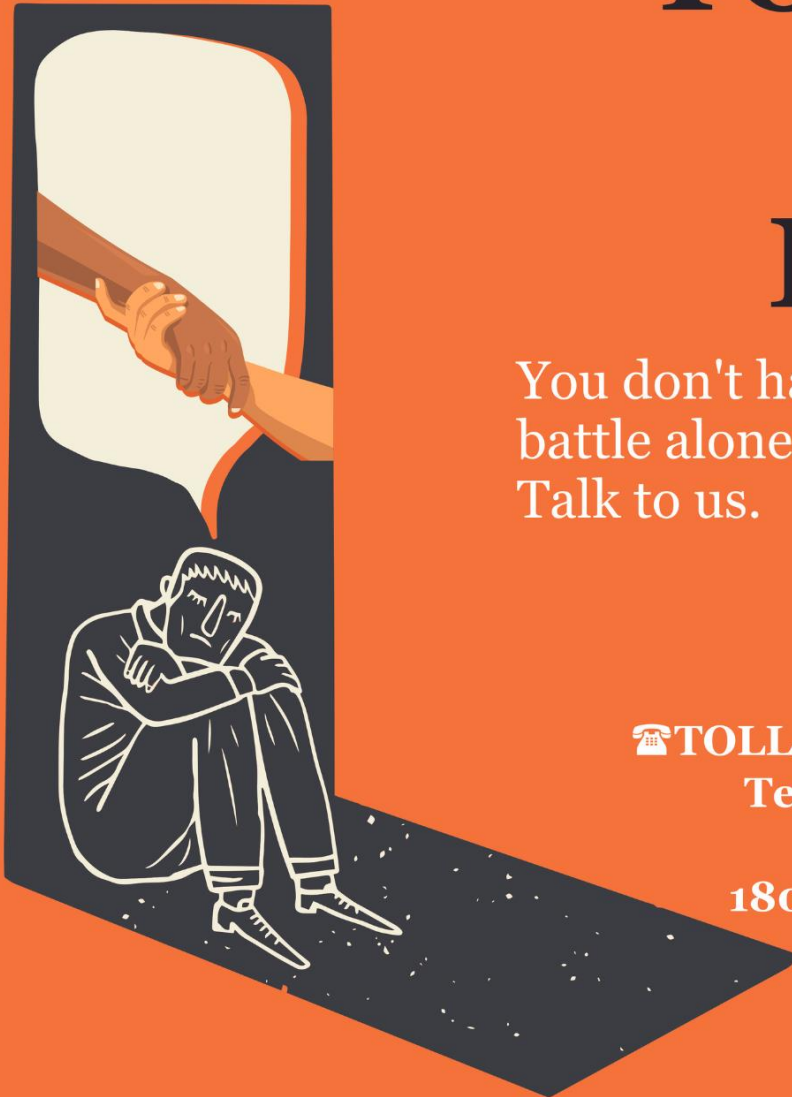




IT'S OKAY TO ASK FOR HELP

You don't have to fight your
battle alone.
Talk to us.



 **TOLL FREE NUMBER**

Tele MANAS:

14416

1800-89-14416



You don't have to suffer anymore.

**Don't bury
your
emotions**

**Don't
suffer in
silence**

**Don't be
ashamed to
share your
story**

**Don't let
your stress
ruin your
day**

**Don't
feel as a
failure**

**Don't
fight
alone**



**Call Tele MANAS
Toll-free number
14416
1800- 8914416**



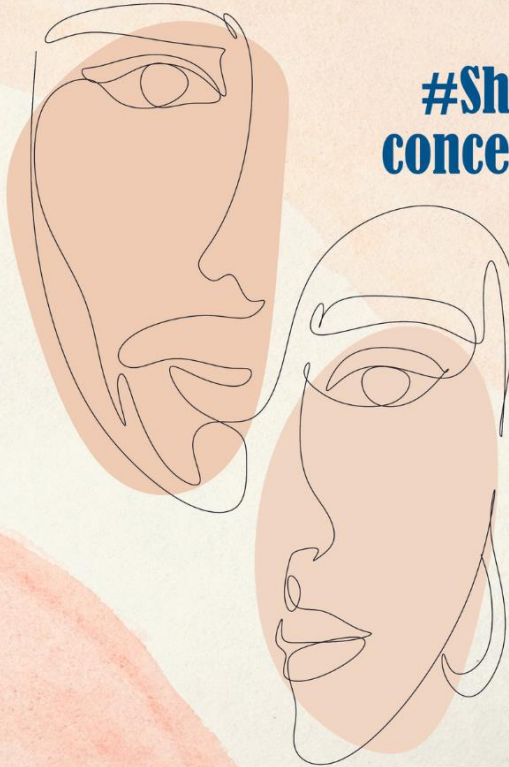


Ministry of Health & Family Welfare
Government of India



**#Do you have concerns about
your relationship?**

**#Share your
concerns with us**



**Tele MANAS:
TOLL FREE NUMBER**

14416

1800-89-14416



Ministry of Health & Family Welfare
Government of India

NATIONAL TELE MENTAL HEALTH PROGRAMME OF INDIA

Tele Mental Health Assistance and Networking
Across States

Digital Arm of District Mental Health Programme

Tele MANAS

A Government of India Initiative to provide comprehensive
digital mental health counselling & care services across
the country

TOLL FREE NUMBER

 **14416**

 **1-800-891-4416**



TRANSFORMING MENTAL HEALTH THROUGH TECHNOLOGY..



Ministry of Health & Family Welfare
Government of India

DO YOU WANT TIPS TO MANAGE EXAM STRESS ?



Call TeleMANAS

Toll-free number
14416
1800- 8914416

TALK ABOUT YOUR ADDICTION

CALL TELEMANNAS

TOLL FREE NUMBER

14416

1800-89-14416

#Do you have concerns about
your relationship?

#Share your
concerns with us



TELEMANAS Toll
free Number

14416

1800-89-14416



सत्यमेव जयते

Tele MANAS



National Tele Mental Health Programme of India

A digital GOI Initiative between Centre and States/UTs

Goals

1. Enhance health service capacity in order to deliver accessible and timely mental health care
2. Facilitate timely referral.
3. Ensure a continuum of services in the community
4. Enhance mental health care capacity and networking

National Launch on 10th OCT 2022

5 Regional Coordinating Centres

23 Mentoring Institutes

51 State Cells

Toll Free Number

📞 14416

📞 1800-89-14416





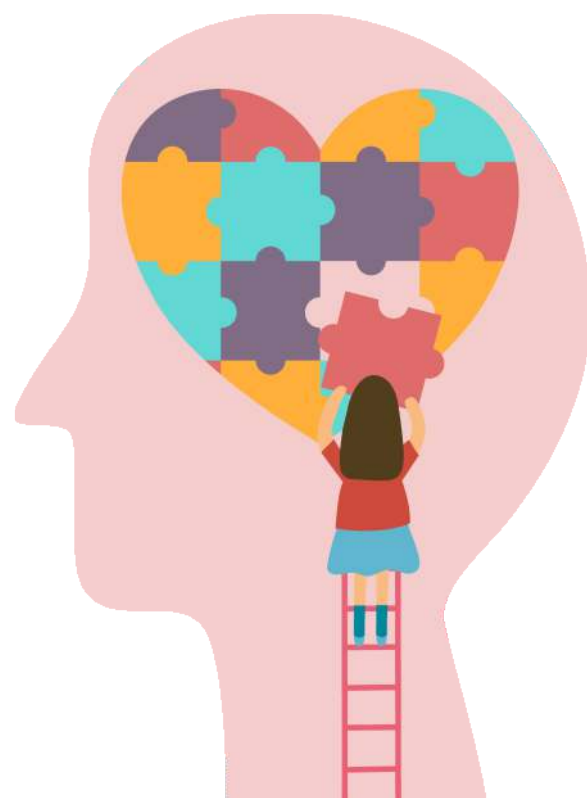
National Tele-Mental Health Programme

Tele MANAS

AN OVERVIEW

Overview of the National Tele-Mental Health Programme (Tele MANAS)

- There is no health without mental health. Mental health in its broadest sense include mental health promotion, preventing mental illnesses and treatment of mental illnesses. Mental health issues are very common health concerns. Suicide is another important problem related to mental health. These concerns, when translated into numbers in a populated country like India, are quite large.
- Further, many individuals with “minor mental health issues” do not seek help for various reasons, indicating that what be seeing and addressing a small proportion of the burden due to mental health issues.
- Access to mental healthcare is a basic human right of every individual. No individual suffering from mental illness should face discrimination.
- The Coronavirus Disease 2019 (COVID 19) pandemic added to the burden of mental health problems and had detrimental effect on individuals' ability to ask for mental health assistance. During this period, there was an exponential increase in outreach for mental healthcare through Tele-Mental healthcare services.
- During the COVID 19 Pandemic, the Government of India launched a National Psychosocial Support Helpline to provide psychosocial support during the pandemic, and over 6 lakh individuals reached out to the helpline across the country. Furthermore, several other initiatives by state governments, government institutions, private bodies, and non-governmental organisations (NGOs) have demonstrated the advantages and feasibility of technology-driven mental healthcare, in other words, Tele-Mental Healthcare services. One such step towards continuing the application of tele-mental healthcare services on a larger scale is the National Tele-Mental Health Programme or **Tele MANAS (Tele-Mental Health Assistance and Networking Across States)**.



- In the Union Budget (2022-23), the Government of India announced in February 2022 the establishment of 23 Centres of Excellence of the country, with the National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru as the apex nodal centre to roll out Tele MANAS.
- India is one of the very few countries in the world to have such a service. Tele MANAS seeks to leverage technology and provide comprehensive mental health services in an integrated fashion including both audio and video based services. Also, if these do not close the loop, efforts will be made to connect the person to in-person services as well. A robust system is set up to monitor and mentor Tele MANAS. Initially, this would run as a fully centrally sponsored scheme where in the Central Govt. will fund the program entirely. After three years, the funding mechanism will be merged with that of the highly successful National Health Mission.





Objectives of Tele MANAS:

- To enhance health service capacity in order to deliver accessible and timely mental health care through a tele-mental health network support system
- To ensure a continuum of services in the community, including tele-mental health counselling.
- To facilitate timely referral for specialist care and follow-up as appropriate.
- To enhance mental healthcare capacity and networking at primary healthcare / health and wellness centres / district / state/ apex institution levels.



Beneficiaries of Tele MANAS:

- Any individual in India with mental health issues
- In addition, grass root healthcare providers/community health providers, i.e., Accredited Social Health Activists (ASHAs) and community volunteers from the community can reach out on behalf of an individual or individuals in that community with mental health issues



The workforce of Tele MANAS:

Workforce/human resources under Tele MANAS is divided into two tiers based on the level of the services provided (counselling, psychiatric consultation along with pharmacotherapy/ psychotherapy) and the expertise of the workforce. These are described in the flow chart below.



Components of Tele MANAS services:



Counselling:

Counselling gives people the time and space to talk about their problems and explore their tough feelings in a setting that is confidential, dependable, and interruption-free. Counselling alone, is different from psychotherapy by a psychiatrist/clinical psychologist/psychiatric social worker or a psychiatric nurse, which requires special training and expertise and is more structured compared to basic counselling which any individual wishes to help those in distress can carry out.



Online Counselling:

- Online Counselling refers to counselling through online modes connected through the Internet which could be in real-time via audio, video, or asynchronous i.e., via text messages, chat, or emails.
- Through Tier 1 workforce counselling will be provided through the 24/7 helpline, mode of which could be through audio calls and asynchronous modes such as text messages and chats.
- Real-time video counselling/consultations will be primarily carried out by specialists at the state Tele MANAS cell and at Tier 2 level in which you may be required to provide basic information and also be an observant for training and skill enhancement.





Telephone Counselling:

- Telephone Counselling involves providing addressing the concerns of the caller and counselling individuals seeking help directly or through another individual such as ASHA or a family member via the telephone, which could be a landline or mobile phone with or without Internet connectivity.
- Telephone counselling has a unique advantage that an individual in distress can call and access mental healthcare from a trained healthcare provider anywhere, 24 hours a day. Also, it enables some privacy to individuals wherein they can seek help when comfortable and has enough space to ensure confidentiality.



Video Consultations

- Tele MANAS team is constantly working with the e-sanjeevani (free video consultations with medical doctors, an initiative of the Govt. of India) team of the Govt. to link up callers to e-sanjeevani platform, so that there is seamless upgradation of the consultation process
- This integration may take another two more months to materialise



Networking with existing in-person resources for mental health

- Tele MANAS also is striving hard to link up callers to the nearest available in-person mental health facilities. These could be the district hospital, medical colleges, mental health institutes or other tertiary care centres



Capacity Building

- Training, accreditation and mentoring of Tele MANAS counsellors in delivering basic mental health services will be done through standardized and recognized courses.



Research

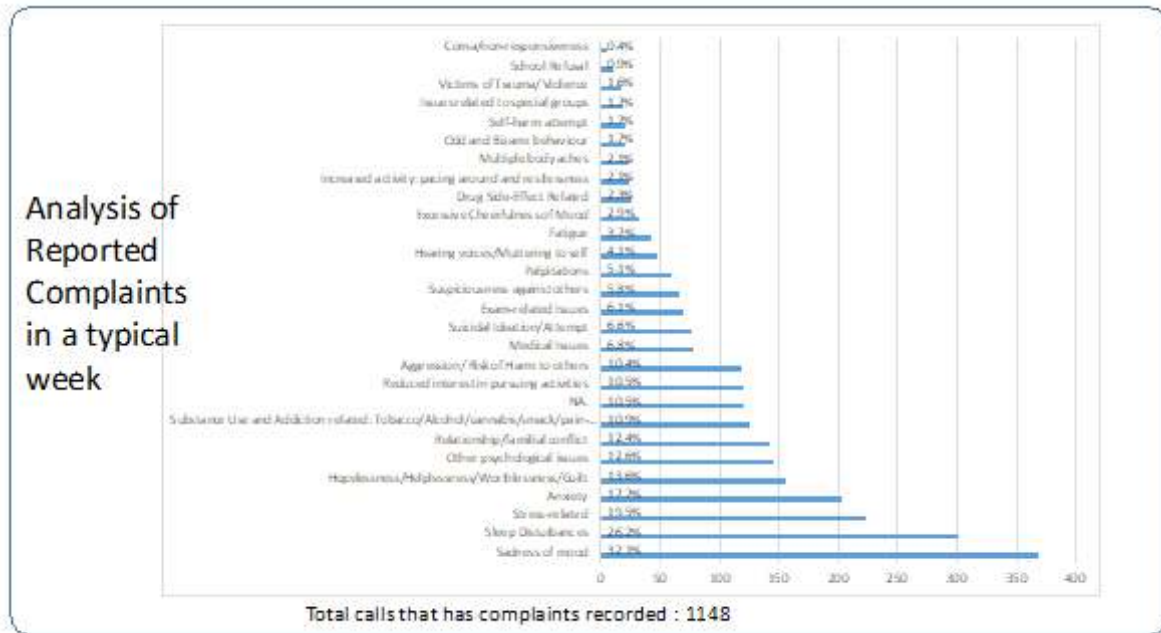
- Implementation research on all relevant aspects including service delivery, caller satisfaction, ease of using technology, outcome assessments etc will be carried out to chalk out future policies



Launch of Tele MANAS and service delivery till date

- Tele MANAS was launched nationwide on 10th October 2022, on the occasion of the World Mental Health Day; till date, Tele MANAS has delivered services to 25,000 callers across the country

Analysis of complaints in a typical week



F A Q

Q.1

What is Tele MANAS?

Call TeleMANAS
Toll-free number
☎ 14416

A

Tele MANAS is a Tele-Mental health service which includes.

- Providing counselling and connecting with health care professionals for telepsychiatry services
- Enabling people to seek help when it is not possible for them to come physically to a near by hospital.

F A Q

Q.2

What kind of help are
available at Tele MANAS?

Call TeleMANAS
Toll-free number
☎ 14416

A

- The Tele MANAS can help with first line telephonic counselling, tele medicine service for mental health & facilitating referral to higher center if required.

F A Q

Q.3

How does Tele MANAS work?

Call TeleMANAS
Toll-free number
☎ 14416

A

Tele MANAS works on two-tier based system.

- Tier 1 includes the state Tele MANAS cells, which are staffed by trained counsellors and mental health specialists for tele counselling and tele consultation
- Tier 2 consists of District Mental Health Programme (DMHP)/Medical college resources for in-person consultations.

FAQ

Q.4

What kind of concerns can I discuss with the counsellors in Tele MANAS?

Call TeleMANAS
Toll-free number
 14416

A

- Callers can reach out to Tele MANAS with a wide range of issues, which includes exam stress, alcohol, tobacco or other substance use-related issues, family or relationship problems, anyone in distress or any other mental health concern/issue.

F A Q

Q.5

Is there any fee for
accessing the counselling
or consultation?

Call TeleMANAS
Toll-free number
☎ 14416

A

- No, there is no fee. Tele MANAS 14416 is a toll-free number, and services like counselling and consulting are free of charge.

F A Q

Q.6

Can I speak in my native
or regional language?

Call TeleMANAS
Toll-free number
☎ 14416

A

- Yes, you can speak any
Indian language that you
are comfortable with.

F A Q

Q.7

Is Tele MANAS service
available on holidays?

Call TeleMANAS
Toll-free number
 14416

A

- Service is available
24/7, even on holidays.

F A Q

Q.8

How long does the counselling session last?

Call TeleMANAS
Toll-free number
☎ 14416

A

- It depends on the individual call and the sensitivity of that call. Counsellors are trained to give at least 10 to 20 minutes for a call. Also depending on the nature of the call, it may even extend for more than 30 minutes when the call is transferred to a mental health professional

F A Q

Q.9

Can we speak about trauma or domestic violence?

Call TeleMANAS
Toll-free number
☎ 14416

A

- Yes, a person facing any kind of abuse (physical or emotional) can reach out to TeleMANAS. Counselors are trained regarding these issues and also can assist with the appropriate referral