



आराधना पटनायक, भा.प्र.से.  
अपर सचिव एवं मिशन निदेशक (रा.स्वा.मि.)  
**Aradhana Patnaik, IAS**  
Additional Secretary & Mission Director (NHM)



सत्यमेव जयते  
75  
आजादी का  
अमृत महोत्सव

भारत सरकार  
स्वास्थ्य एवं परिवार कल्याण मंत्रालय  
निर्माण भवन, नई दिल्ली-110011

Government of India  
Ministry of Health and Family Welfare  
Nirman Bhawan, New Delhi-110011  
DO No. V.15015/12/2024-PH-I  
Dated: 22<sup>nd</sup> October, 2024

*Respected Sir / Madam,*

Ministry of Health & Family Welfare (MoHFW) is dedicated to nurture nation's mental well-being which is India's commitment to the United Nations Sustainable Development Goals (SDG 3). Addressing mental health issues is crucial for reducing inequality, poverty and enhancing productivity across all sectors.

Taking a step ahead in expanding the mental health services, MoHFW has successfully launched Tele MANAS app on the occasion of World Mental Health Day - October 10, 2024 which also marked two years of the launch of National Tele Mental Health Programme - 'Tele MANAS'

Tele MANAS App is a comprehensive mobile platform that is developed for general public and will offer free and confidential mental health support through trained mental health professionals across India, 24x7 for immediate counselling and support. It has tips on self-care, recognizing distress signals and managing early signs of stress, anxiety and emotional struggles. It includes a section that engages the user through mind challenges and mindfulness practices through.

This mobile app is currently available on Playstore for android operating system and will shortly be available for iOS mobile phones. The various ways in which the app can be downloaded is detailed in Annexure-I.

It is therefore requested that all States/UTs may formulate the action plan for awareness and promotion of Tele MANAS App at all facility levels

- Display IEC such as QR code, poster (attached in Annexure-II) through various possible modes like print poster, electronic display etc. at appropriate places including all health facilities/educational institutions/Hostels/Private and Government workplaces/Jails/Orphanages and on Website / Web portal of states to ensure widespread awareness.
- Use social media platforms of States/Districts/CHOs such as Twitter, Facebook to highlight the app and mental health awareness in general.
- States are directed to ensure widespread sensitization of general public through Ayushman Arogya Mandirs (AAMs) for the uptake of Tele MANAS app and helpline number 14416.

I deeply appreciate your immediate attention and action on this. Your efforts are instrumental in ensuring that mental health services reach each and every corner of the country.

*With regards,* Yours Sincerely,

*AD*  
21.10.24  
(Aradhana Patnaik)

Encl. as above

Additional Chief Secretary/ Principal Secretary/Secretary (HFW) of All States/UTs



Ministry of Health & Family Welfare  
Government of India



**Scan the QR Code  
to download the  
Tele-MANAS app**

