

Tele-MANAS Mental Health Support

Annexure-VI

To strengthen mental health support for students and staff, Atal Bihari Vajpayee Government Degree College (ABV GDC), Takipur encourages members of the college community to utilize the **Tele-MANAS (Tele Mental Health Assistance and Networking Across States)** service launched by the **Ministry of Health and Family Welfare, Government of India**.

Tele-MANAS provides **free, confidential, and 24×7 mental health counselling** by trained mental health professionals.

Tele-MANAS Helpline

- **Toll-Free Helpline: 14416**
- **Alternate Toll-Free Number: 1800-89-14416**
- **Availability: 24×7 (Round the Clock)**
- **Services:** Confidential counselling, emotional support, crisis intervention, and referral to mental health specialists.
- **Languages:** Services are available in multiple Indian languages and are routed to the appropriate State Tele-MANAS Centre.

Institutional Advisory

ABV GDC, Takipur encourages every student and staff member to seek help whenever they experience emotional distress or psychological difficulties. Seeking professional support is a sign of responsibility and self-care. Members of the college community may also approach their Faculty Mentor, Head of Department, IQAC Coordinator, or the Principal for guidance and referral to appropriate mental health services whenever required.

"Your mental health matters. Talk, seek support, and remember that help is always available."


Principal
Atal Bihari Vajpayee
Govt. Degree College, Takipur
Distt. Kangra (H.P.) - 176038