



# Tele MANAS

Tele Mental Health Assistance & Networking Across States



CALL  
14416 Or  
1800-89-14416



Free & Confidential

**We are here to support you!**

Trained Counselors Available

Get support for :

- Exam Stress
- Emotional distress
- Any stress, anxiety, depression
- Relationship/Family Problems
- Drug use issues
- Any other mental health issue

**24/7**  
Tele Mental Health Support

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National Mental Health Program, Health & Family Welfare Department