

MENTAL HEALTH & WELL BEING CELL (MHWB-CELL)

GOVERNMENT COLLEGE BARSAR (H.P)



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“The mind has great influence over the body and maladies often have their origin there.”

Tele-MANAS Helpline:

DIAL

14416 OR 1800-89-14416

(24X7) TOLL FREE NO.

Confidential Support

BENEFITS:

- ✓ Support for Mental Health Issues.
- ✓ Supports to overcome the Mental Disorders.
- ✓ Supports to enhance the confidence level by reducing the Mental Stress.
- ✓ Supports to get rid of anxiety and depression.

Remarkable footprint note for Tele-MANAS in Higher Education Institutions:

The Govt. of India launched a “National Tele Mental Health Programme “to further improve access to quality mental health counseling and care services in the Country. As the Part of this initiative, as on 2nd Feb,2026(36 States/UTs have set 53 Tele-MANAS Cells for those one’s who are struggling in Silence, feel alone, depress and feel afraid of the Society, Hierarchical bodies in their working places and students in their institutions.