

2nd September, 2025

Dear Parents,

As per the CBSE guidelines (Ref: Circular No. CBSE/M&PR/Counseling/2025, dated 21st August 2025), sharing with you information about the **“Tele MANAS”** app launched on 10th October 2022 by Ministry of Health and Family Welfare, Government of India to make mental health services more accessible, stigma-free and youth - friendly.

The **“Tele MANAS”** app is a comprehensive platform providing free, 24/7 confidential mental health support in India under the National Tele Mental Health Programme.

The app offers self-care tips, a knowledge base on mental health and connects users with trained mental health professionals for counseling via audio and video calls.

This app may be downloaded from the Google Play Store (for android users) or the **Apple App Store** (for iOS)

Sharing with you the Tele – **MANAS helpline numbers - 14416 and 1800-891-4416**, for your reference.

Let us come together to support the well-being of our students.

Warm regards



Nidhi Mishra
Principal