



Tele-MANAS Cell for Armed Forces Mental Health Support

Recently, a dedicated **Tele-MANAS Cell** was inaugurated at the Armed Forces Medical College in Pune.

- The cell serves as an extension of the **Tele-Mental Health Assistance and Networking Across States (Tele MANAS) initiative** of the Ministry of Health and Family Welfare.
 - It functions as a **central psychological helpline** for all Armed Forces beneficiaries across the country.
- The need for tele-mental health services in the Armed Forces is recognized due to unique **stressors faced by military personnel**.
- Tele-MANAS is a **free, comprehensive mental health care service** in India. The service is part of the government's initiative to make **mental health** services accessible to everyone.
 - Tele MANAS has received over 4,60,000 calls nationwide since its launch and operates in 20 languages across 51 active cells.

Read more: [Indian Army's Proactive Measures for Mental Health](#)

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