

NATIONAL TELE MENTAL HEALTH PROGRAMME

Tele Mental Health Assistance and Networking
Across States (Tele MANAS)

Who can call?

- Anyone in Distress
- Exam stress
- Family problems
- Suicidal thoughts
- Substance use related issues
- Relationship issues
- Memory problems
- Financial stress
- Any other mental health concerns/issues



**Call Tele MANAS
Toll-free number
 14416**



Ministry of Health & Family Welfare
Government of India

DO YOU WANT TIPS TO MANAGE EXAM STRESS ?



Call TeleMANAS

Toll-free number
14416
1800- 8914416



Ministry of Health & Family Welfare
Government of India

You don't have to suffer anymore.

Don't bury
your
emotions

Don't
suffer in
silence

Don't be
ashamed to
share your
story

Don't let
your stress
ruin your
day

Don't
feel as a
failure

Don't
fight
alone



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Toll-free number
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1800- 8914416



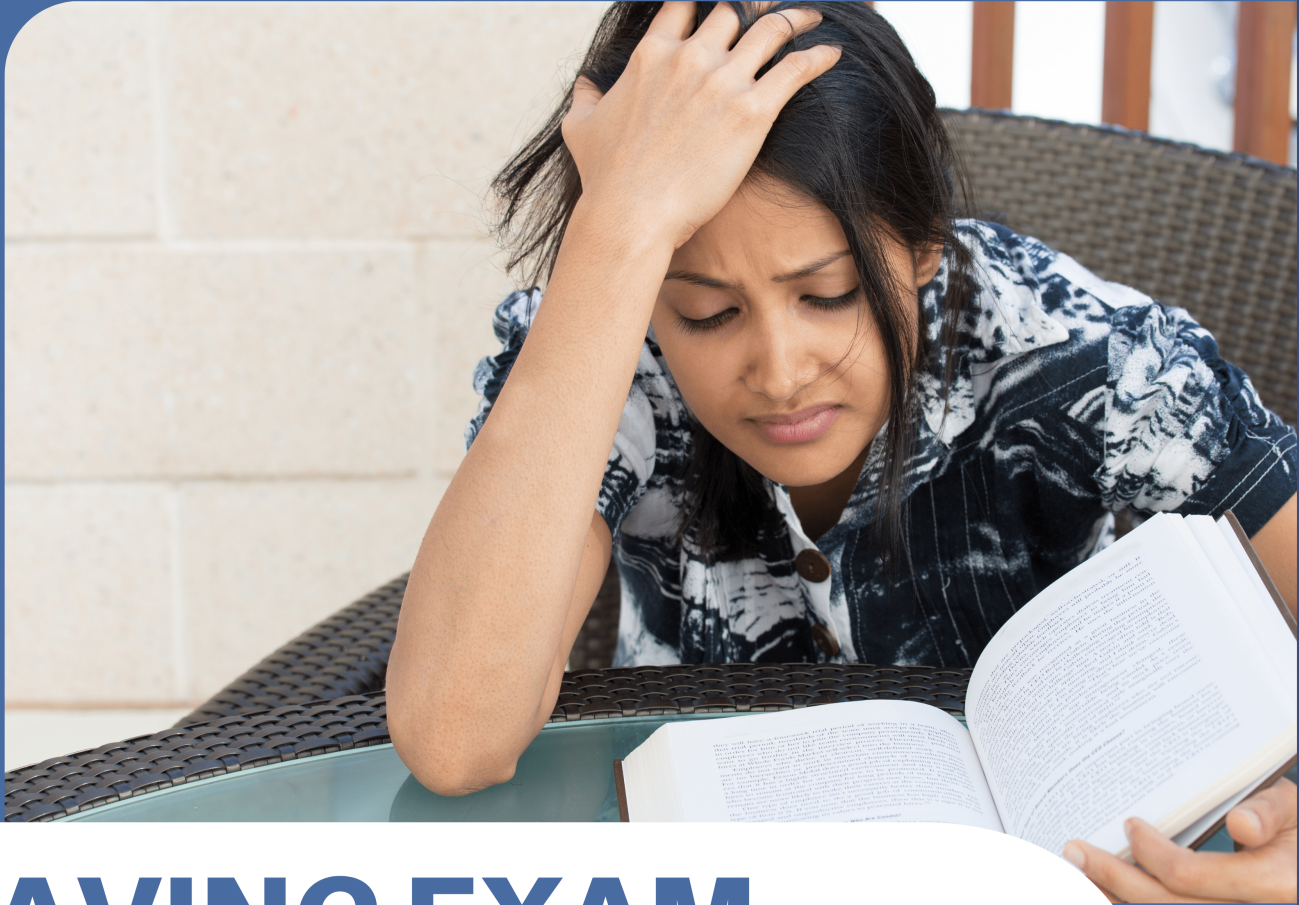
Ministry of Health & Family Welfare
Government of India

IT'S OKAY TO ASK FOR HELP

You don't have to fight your
battle alone.
Talk to us.

 TOLL FREE NUMBER
Tele MANAS:
14416
1800-89-14416





HAVING EXAM STRESS?

Call Tele MANAS



14416



to know more about Tele MANAS



Say **NO** to drugs.
No amount is safe.



Call Tele MANAS



14416



to know more about Tele MANAS





LIFE IS
PRECIOUS.
SAY **NO** TO
SUICIDE

Call Tele MANAS



14416



SCAN
ME



to know more about Tele MANAS



Stand up, speak out. Let's end cyberbullying together.



SCAN
ME 
to know more about Tele MANAS

Want to seek help ?

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 14416



LEARN

HOW TO MANAGE YOUR STRESS

Department of Psychiatry, NIMHANS, Bengaluru

GROUNDING TECHNIQUES

1. DEEP BREATHING EXERCISE

- SIT COMFORTABLY AND CLOSE YOUR EYES
- RIGHT HAND OVER YOUR CHEST AND LEFT OVER YOUR ABDOMEN
- INHALE FOR 3 SECONDS, HOLD FOR 3 SECONDS AND RELEASE.
- OBSERVE YOUR CHEST AND ABDOMEN AS YOU BREATHE
- REPEAT 2-3 TIMES A DAY, 5 MINUTES EACH.



2. SELF SOOTHING WITH 5 SENSES

- NAME 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN HEAR
- 3 THINGS YOU CAN FEEL
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE



Website



www.telemanas.mohfw.gov.in

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