

IEC for Tele-MANAS: Materials Developed and Dissemination Update

As part of the ongoing efforts to promote awareness and accessibility of mental health services under the Tele-MANAS programme, a series of IEC (Information, Education, and Communication) materials have been developed and disseminated across social media platforms.



LGB Regional
Institute of Mental
Health, Tezpur



Ministry of Health and Family Welfare
Government of India

আপুনি জানেনে ?

নিচাজাতীয় দ্রব্য

সেৱনৰ ফলত বহু ব্যক্তিয়ে
মানসিক স্বাস্থ্যজনিত
সমস্যাত ভোগে

যিকোনো মানসিক স্বাস্থ্য সম্পর্কীয়
অসুবিধাৰ বাবে ডাইল কৰক -

 **১ ৪ ৪ ১ ৬**
টেলি মানস

(বিনামূলীয়া চৰকাৰী টেলি- মানসিক স্বাস্থ্য পৰামৰ্শ সেৱা
এটি ২৪ * ৭ টোল ফ্ৰী হেল্পলাইন)



Ministry of Health and Family Welfare
Government of India

**IT'S OKAY
TO ASK
FOR HELP**

STOP THE STIGMA
LET'S TALK ABOUT MENTAL HEALTH



CALL TELE-MANAS

Toll-free number

14416

or

1800-8914416



LGB Regional
Institute of Mental
Health, Tezpur



Ministry of Health and Family Welfare
Government of India

INTERNATIONAL
YOGA
DAY

21ST JUNE, 2023

"Journey towards Healthy Mind and Body"

for free tele-mental health counselling

call  **14416 or 1800-891-4416**



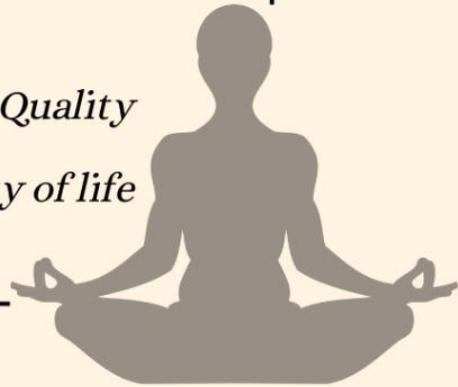
LGB Regional
Institute of Mental
Health, Tezpur



Ministry of Health and Family Welfare
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5 MENTAL HEALTH BENEFITS OF YOGA

- *Relieve stress*
- *Lower anxiety levels*
- *Elevate Mood*
- *Improve sleep Quality*
- *Enhance quality of life*



for free tele-mental health counselling

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- ➔ আপোনাৰ আৰেগক লুকুৱাই নাৰাখিব
- ➔ মানসিক চাপৰ বাবে আপোনাৰ সুন্দৰ দিনটো নষ্ট হ'বলৈ নিদিব
- ➔ নিজকে কেতিয়াও ব্যৰ্থ নাভাবিব
- ➔ আপুনি আৰু অকলে যুঁজিব নালাগে
- ➔ আপোনাৰ কথাবোৰ আমাক জনাবলৈ সংকোচ নকৰিব

আমাৰ লগত কথা পাতিবলৈ ডাইল কৰক -



১৪৪১৬

(টেলি মানস)

বিনামূলীয়া চৰকাৰী টেলি- মানসিক স্বাস্থ্য পৰামৰ্শ সেৱা
এটি ২৪ * ৭ টোল ফ্ৰী হেল্পলাইন



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INTERNATIONAL DAY AGAINST

DRUG ABUSE

AND ILLICIT TRAFFICKING

26 JUNE, 2023

*Say No to Drugs
"The more you use, The less you live"*

Tele-MANAS

for free tele-mental health counselling

call  14416 or 1800-891-4416



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নিচাজাতীয় দ্ৰব্য

সেৱনৰ ফলত বহু ব্যক্তিয়ে

মানসিক স্বাস্থ্যজনিত

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Government of India

**Don't be
ashamed to tell
your story, it
will inspire
others.**



*Mental health problems are as
serious as the physical ones.*

for free tele-mental health counselling

call  **14416 or 1800-891-4416**

Tele-MANAS



Ministry of Health and Family Welfare
Government of India



15TH AUGUST

**HAPPY
INDEPENDENCE DAY**

Tele-MANAS



Tele-MANAS

টেলি-মানস



Ministry of Health and Family Welfare
Government of India

World Aids Day

1 December, 2023

Let communities lead
end the stigma against
AIDS survivors.

for free tele-mental health counselling

call  14416 or 1800-891-4416



Tele-MANAS

টেলি-মানস



যিকোনো মানসিক স্বাস্থ্য সম্পর্কীয় পৰামৰ্শৰ বাবে ডাইল কৰক -

TOLL-FREE NO : 14416 /1800-89-14416

Call us to solve the following problems

- Mental/Psychological problem
- Depression , Anxiety
- Problem cause by abuse of Alcohol/Cannabis/Ganja / Heroin and other drugs
- Self-harm/Suicidal thoughts
- Interpersonal conflicts/Family Problems
- Memory Problems
- Sleep Problems
- Exam related Stress

নিম্নলিখিত সমস্যাবোৰৰ সমাধানৰ বাবে ডাইল কৰক

- মানসিক / মনোবৈজ্ঞানিক সমস্যা
- অৱসাদ , চিন্তা
- মদ /ভাং /গাঞ্জা / হেৰ'ইন তথা অন্য নিচাজাতীয় দ্ৰব্যৰ ব্যৱহাৰৰ ফলত হব পৰা সমস্যা
- আত্মক্ষতি / আত্মহত্যাৰ প্ৰৱণতা
- পাৰস্পৰিক মতভেদ /পাৰিবাৰিক সমস্যা
- স্মৰণ-শক্তিৰ সমস্যা
- নিদ্ৰাহীনতাৰ সমস্যা
- পৰীক্ষাৰ চিন্তা

বিনামূলীয়া চৰকাৰী টেলি- মানসিক স্বাস্থ্য পৰামৰ্শ সেৱা
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31 MAY, 2024

WORLD NO-TOBACCO DAY

Stop Smoking!

TOLL FREE NUMBER
(TELE-MANAS)



14416





26th JUNE

International Day Against

Drug Abuse

and Illicit Trafficking



CALL Tele-MANAS

Toll-free number (14416)



WORLD SUICIDE PREVENTION DAY

Changing The
Narrative On
Suicide.
You are not
alone.

Call Tele-MANAS
Toll-free number (14416)

SEPTEMBER 10, 2024



WORLD SUICIDE PREVENTION DAY

Today, we remind ourselves to look out for one another.



September 10, 2024

Call Tele-MANAS
Toll Free Number (14416)



स्वास्थ्य एवं
परिवार कल्याण मंत्रालय
MINISTRY OF
HEALTH AND
FAMILY WELFARE



**NO SMOKING DAY
12 MARCH 2025**



QUIT IT

You're better than this.

Don't give in to temptation.

For Help

Call Tele-MANAS 

14416 (24/7 Toll Free Number)



NO SMOKING DAY



March 12th, 2025



Call Tele-MANAS
14416/1-800-891-4416



**LGBRIMH Tele-MANAS Team
WISHING YOU ALL**

HAPPY HOLI

*Let's paint this Holi with the colors of love
and laughter*

14 MARCH, 2025 (FRIDAY)

**For any Mental Health Assistance
Call Tele-MANAS
14416 (Toll Free Number)**





**WORLD AUTISM
AWARENESS DAY**
2 APRIL, 2025

**LISTEN,
UNDERSTAND,
SUPPORT**

CALL TELE-MANAS



14416/18008914416

(24/7 Mental Health Support)





Don't bully, don't
alienate them, invite
them to play together



**WORLD AUTISM
AWARENESS DAY
APRIL, 02 2022**

**CALL TELE-MANAS
 14416 (24/7 TOLL
FREE)**



LGBRIMH TELE-MANAS TEAM

WISHES YOU

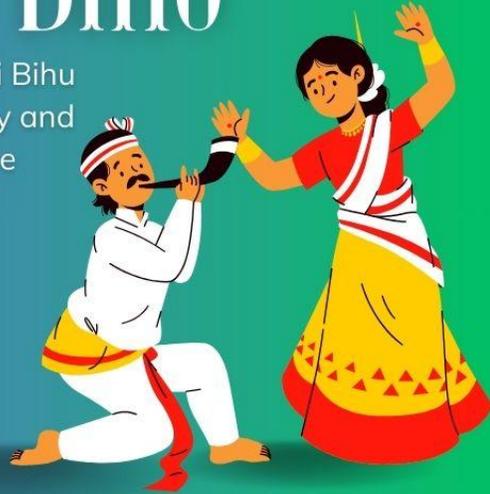
A HAPPY RONGALI BIHU

May the spirit of Rongali Bihu
radiate peace, prosperity and
happiness in your life

**CONNECT TO US FOR MENTAL
HEALTH ASSISTANCE**

Dial Toll Free Number:

14416





May 24th, 2025

**FOCUS ON THINGS
ONE BY ONE**

**IT'S OKAY TO
TAKE A BREAK**

**BE OPEN TO
SOMEONE**

**ALWAYS BE
MINDFUL**

WORLD SCHIZOPHRENIA DAY

On this World Schizophrenia Day, let's prioritize our mental well-being and be kind to our mind.

Theme : Rethink the Label, Reclaim the story

FOR ASSISTANCE

TALK TO OUR TELE-MANAS COUNSELOR

14416 (TOLL FREE NUMBER)



Take the
habit away

WORLD NO TOBACCO DAY

*You can save not just your life
but countless others' too*

Call Tele-MANAS

Toll Free Number
14416 or 1-800-891-4416
(24/7 helpline number)



**INTERNATIONAL DAY AGAINST DRUG
ABUSE & ILLICIT TRAFFICKING
JUNE 26, 2025
THEME: THE EVIDENCE IS CLEAR: INVEST
IN PREVENTION**

**DRUGS
DESTROY,
AWARENESS
SAVES.**

#Say No To Drugs



**For Assistance
Talk to our Tele Counselors
Call 14416 (24/7)**