



Tele-MANAS Overview

Tele MANAS (Tele Mental Health Assistance and Networking Across States) is a flagship initiative of the Government of India aimed at providing free, 24x7 tele-mental health services to individuals requiring psychological support. The programme was officially launched on October 10, 2022, coinciding with World Mental Health Day.

Aim:

To provide universal access to equitable, accessible, affordable, and quality mental health care through 24x7 tele-mental health counselling services as a digital component of the National Mental Health Programme (NMHP) across all Indian states and Union Territories with assured linkages.

Objectives:

1. To exponentially scale up the reach of mental health services to anyone in need, anytime, across India, by establishing a 24x7 tele-mental health facility in every State and Union Territory.
2. To implement a fully integrated mental health service network that, in addition to counselling, provides medical and psychosocial interventions including video consultations, e-prescriptions, follow-up services, and linkages to in-person care.
3. To extend services to vulnerable and hard-to-reach populations, ensuring mental health support for marginalized groups.

These guidelines provide an overarching framework for the incremental rollout and effective implementation of Tele-MANAS services across all States and UTs.

Governance Framework:

The Government of India, in its Union Budget 2022, announced the National Tele Mental Health Programme of India, titled Tele MANAS, and entrusted the Ministry of Health and Family Welfare (MoHFW) with its overall implementation. To support this, the MoHFW constituted a National Technical Advisory Group (NTAG) and three technical advisory sub-committees:

- Mental Health Service Delivery
- Information Technology Architecture

- Health Systems

These groups are tasked with steering the programme to achieve its specific goals and objectives.

The Lokopriya Gopinath Bordoloi Regional Institute of Mental Health (LGBRIMH), Tezpur, plays a dual role in the Tele-MANAS programme, functioning as both a Regional Coordinating Centre (RCC) and a Mentoring Institute (MI) for the eight North Eastern States: Assam, Arunachal Pradesh, Meghalaya, Manipur, Mizoram, Nagaland, Tripura, and Sikkim.

Role as Mentoring Institute (MI):

LGBRIMH provides clinical and technical support to Tele-MANAS Cells operating in the North Eastern region.

Key Responsibilities:

- Clinical Support: Manage and provide expert interventions for moderate to complex mental health cases escalated from Tier 1 (Tele-MANAS Cells).
- Supervision and Mentoring: Guide and mentor counselors and mental health professionals at the state-level Tele-MANAS Cells.
- Capacity Building: Conduct training programmes for Tele-MANAS personnel to ensure quality tele-mental health service delivery.
- Referral Coordination: Facilitate linkages between Tele-MANAS services and in-person care facilities, including those under the District Mental Health Programme (DMHP).

Role as Regional Coordinating Centre (RCC):

LGBRIMH provides regional leadership and technical coordination for the effective implementation of Tele-MANAS across the North Eastern states.

Key Responsibilities:

- Regional Oversight: Monitor and coordinate Tele-MANAS activities across all eight North Eastern states in collaboration with state nodal officers and designated institutions.
- Advanced Clinical Support: Handle complex and specialized cases referred from Mentoring Institutes (Tier 2) requiring super-specialty care.
- Standardization and Quality Assurance: Ensure uniform adherence to national clinical protocols, ethical standards, and quality benchmarks.
- Capacity Building at Regional Level: Organize regional training workshops, refresher programmes, and dissemination of region-specific educational materials.

- Policy and Technical Guidance: Provide feedback and technical inputs to the Ministry of Health and Family Welfare (MoHFW) and state health authorities to improve programme implementation and mental health outreach.
- Research and Evaluation: Undertake operational research and conduct periodic evaluations to assess the programme's effectiveness in the region.

Nationwide Launch of Video Consultation Services and Tele-MANAS Mobile App (Version 1.0 – Hindi):

The Ministry of Health & Family Welfare (MoHFW) has recently launched nationwide video consultation services and the Tele-MANAS Mobile App Version 1.0 (Hindi) on July 16, 2025 under the Tele-MANAS initiative. These services were formally inaugurated by the Secretary, MoHFW.

This milestone marks a significant step toward enhancing the accessibility, reach, and convenience of mental health services across the country. The Tele-MANAS app is now available and supports over 20 Indian languages, ensuring inclusive and culturally sensitive mental healthcare for diverse populations.

To further expand regional accessibility, an Assamese version of the app will be launched soon, reinforcing the Ministry's commitment to linguistic inclusivity and equitable mental health support nationwide.