

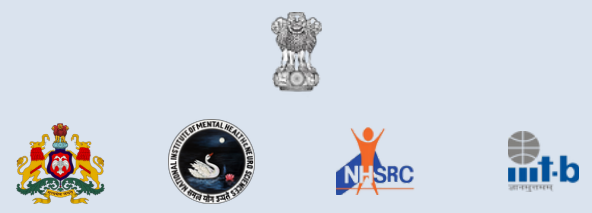


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**Tele MANAS..**  
Your health - our commitment

**TOLL FREE NUMBER**

☎ **14416**

☎ **1800-89-14416**



**NATIONAL TELE MENTAL HEALTH PROGRAMME**

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

**Karnataka Tele MANAS**



**Digital arm of NMHP**



**Who Can Call?**

- Anyone in Distress
- Exam Stress
- Familial Problems
- Substance use related issues
- Relationship Issues
- Memory Problems
- Financial Stress
- Any other mental health concerns/issues

