केन्द्रीय माध्यमिक शिक्षा बोर्ड
(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)
CENTRAL BOARD OF SECONDARY EDUCATION
(An Autonomous Organisation under the Ministry of Education, Govt. of India)

No: CBSE/M&PR/Counseling/2025 **Date: 21.08.2025**

All the Principals/Heads of Schools/
Institutions affiliated to CBSE

Sub: Integration and Dissemination of Tele-MANAS Mental Health Services in CBSE Schools

Dear Sir/Madam,

The Ministry of Health and Family Welfare, Government of India, has taken significant steps to make mental health services more accessible, stigma-free, and youth-friendly. In this light, the National Tele Mental Health Programme (Tele-MANAS) has been launched, offering a free, confidential, and 24x7 mental health helpline to support the well-being of citizens across India, especially students.

Since its launch on 10 October 2022, Tele-MANAS has handled over 23 lakh calls through 53 dedicated cells across States and UTs. Services are currently available in 20 languages and are managed by trained mental health professionals. Recognizing the unique needs of adolescents and young learners, the Ministry has also launched a Video Consultation Platform for real-time, confidential interaction, and a Tele-MANAS mobile application (available in Hindi and English) to further enhance accessibility. Additional regional language support are planned to be added soon.

Contextually, the school is a vital environment in shaping the emotional resilience of students. By empowering students with knowledge of, and access to, professional mental health services through Tele-MANAS, schools may play a pivotal role in nurturing a healthy and confident generation.

All CBSE affiliated schools are therefore requested to undertake the following measures to integrate Tele-MANAS services into the school environment:

1. Prominently display the Tele-MANAS helpline numbers—14416 and 1800-891-4416—and the QR code for the Tele-MANAS app at prominent locations, especially near counselor rooms, common notice boards, libraries, and ICT labs.
2. Include mental health awareness and Tele-MANAS information in school newsletters, student handbooks, school assemblies, and parent-teacher meetings.
3. Use IEC videos developed by Ministry of Health and Family Welfare, Govt. of India, during student wellness and life-skills education activities.
4. Capacity-building of school counselors and wellness coordinators to inform and refer students to Tele-MANAS services when required.
5. Encourage age-appropriate, peer-led health awareness activities, in collaboration with ongoing school programmes under Samagra Shiksha or PM SHRI Schools.

It is therefore requested to ensure wide dissemination of this information among staff, students, and parents within your school community. Your active action is crucial for the successful integration of Tele-MANAS services within the school education framework.

With best wishes,

(**Himanshu Gupta**)
Secretary

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MANAS App QR Code 

Copy to the respective Heads of Schools, Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklavya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odhisha-751005
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim –737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar –791111
10. The Director of Education, Govt. of A&N Islands, Port Blair – 744101
11. The Director of School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521456
13. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
14. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
15. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
16. The State Project Director, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Nayapalli, P.O. Sainik School, Bhubaneswar, District- Khorda, Odisha-751005
17. DS to the Chairperson, CBSE
18. All the Directors/ HoDs, CBSE
19. All Regional Directors/ Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions.
20. All Joint Secretary/ Deputy Secretary/ Under Secretary/ Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. Joint Secretary (IT Unit), CBSE with the request to upload this circular on the CBSE Website

Secretary