

Report of National Tele Mental Health Programme (Telemanas) Activities from March 2024 - March 2025, April 2025 – March - 2026

About the program

- Digital arm of National Mental Health Programme. It is to provide universal access to equality, accessible, affordable and quality Mental Health Care through 24/7 Tele Mental Health Counselling Services.
- Digital components of National Mental Health Programme across all Indian State and UTs with assured linkages.

Objective of the Program

- To exponentially scale up the reach of Mental Health Services to anybody who reaches out across India.
- To implement full-fledged Mental Services Network that in addition to counselling, provides integrated medical and psychosocial interventions including video consultations with mental health specialist, e-prescriptions, follow-up services and linkages to in-person services.
- To extend services to vulnerable population and difficult to reach population.

IEC ACTIVITIES

- Local press release message regarding Telemanas Toll Free number is given by director of health and family welfare, both in English and Tamil newspaper.
- Regarding Telemanas Service Toll Free number and mental health news was given by senior consultant Telemanas Puducherry in all India Radio Seidhi Malar Sunday morning 5/5/2024.
- FM Rainbow regarding Mental Health Programme was broadcasted for 1 hour on 14/4/2024, afternoon regarding Telemanas number was discussed.
- Displayed telemanas pamphlets in all OPD Department, Emergency Services in District Hospital and Medical College Hospitals.
- Displayed pamphlets Primary Health Centers, Sub Centers and Community Health Centers, all the Medical Officers are informed about this Toll Free number.

- All the Director of Educational Department was informed about this Toll Free number through mail.
- Our social worker and counsellor are going to Schools and Colleges in person and making aware of this number.
- And also going to Public Places, Private Hospitals, Government Office, BSNL Office, Police Station, NGO & Lions Club for making aware of this Toll Free number.
- This Toll Free number is displayed in OPD registration slip in general hospital in all the Medicine, Surgery, OP, Ortho, Skin, Psychiatry, Urology, Nephrology, and Causality.
- Daily counsellors are going to see the admitted suicide attempt patients in the wards and the causality and addressing and counselling them and asking them to contact this number for further follow up.
- Toll Free number for telemanas was displayed in the NHM website and GH website
- Regarding this t Toll Free number scrolling news are made in Local TV channels.
- Dhoordhashan Tele live show regarding mental health and Toll Free number is planned on 9/5/2024 for 1 hour, 5:30 to 6:30 pm in tholaipalam nigazhchi.

SCHOOL



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MEDIA



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Inauguration of Telemanas in Puducherry



Dr. Gajalakshmi giving mental health awareness to community college students who are pursuing cardiac laboratory studies



Awareness about the mental health issues and the toll free mental health help line done for Physiotherapy students at IGGGH&PGI



Awareness regarding Tele Mental Health Helpline (Tele MANAS) to the public who attended Muthialpet Primary Health Centre today 30.05.2024



Mental Health issues among high school students are addressed and awareness given regarding mental health. Call toll free no 14416 at any time for mental health issues



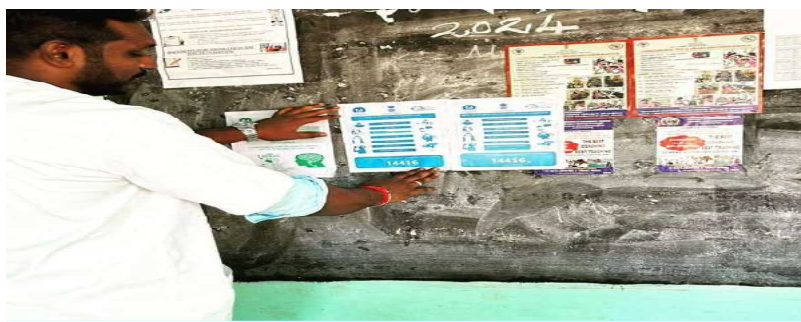
Awareness programme conducted by national mental health programme for nursing college students regarding drug abuse and illicit drug trafficking. On 26/ 06/ 2024 at Indira Gandhi Govt General Hospital and post graduate institute. Kathirkamam call toll free no 14416 if you want to quit alcohol or any drug.



Telemanas Cell in Puducherry.



Visited Annai sivagami school for making aware of the mental health help line, free to call toll free telemanas helpline 14416.



Visited Mudaliarpattinam police station to create awareness about Telemanas for both public and officers to overcome their workplace stress. CALL TOLL FREE NO 14416



Internship students from Kerala B.C.M College received training and information



Making aware of the toll free mental health helpline14416. Among Medical officers in primary health center. In a medical officers meet



We have posted our pamphlets about Tele-MANAS near the light house so that tourists and the public can learn about our mental health services and reach out to us



Creating awareness about Tele mental Health helpline for cardiology technician students of community college in Indira Gandhi General hospital Pondicherry.



National mental health programme training activity for anganvadi workers creating mental health orientation. Making them Aware of TELEMANS TOLL FREE NO 14416



Mental health awareness and mental health helpline 14416 toll free no orientation for govt. teacher training school second year students in lawspet Pondicherry done on 9/8/2024



Making Aware Of The Telemanas Toll FreeNo14416 Among Public



Cardio Thoracic Surgery Lab Technician Students Igggh & Pgi, Puducherry. Were Made Oriented About The Mental Health Issues In Students And Mental Health Help Line.14416 Or 1800 891 441



Visited Jawaharlal Nehru Government Polytechnic College with Jipmer Team And Made Awareness Of Mental Health Issues In Students, Drug Abuse, Suicide Prevention .And Mental Health Helpline



Telemanas Onsite Training Programme, Puducherry

Onsite training programme for Telemanas counsellors conducted by NIMHANS in collaboration with Telemanas, Puducherry and Mentoring institute, Jipmer, Puducherry.



Creating awareness for Public, Public Health Center in all PHCS



Certificate distribution ceremony for Basic certificate course for telemanas counselors conducted by Apex coordinating centre. Telemanas NIMHANS Bangalore through online on 11/3/2025 2pm to 4pm. This event was graced by officials from the ministry of Health and family welfare ,The Director, NIMHANS ,Apex Cordinating centre, NIMHANS State programme coordinator, evaluators from the Mentoring institutie, and the state cell Mental health professionals & counsellors.



Telemans Puducherry along with NMHP Participated in HEALTH MELA conducted by Health and Family welfare department Puducherry FROM 28/2/2024 TO 2/3/2025



Kathirkamam, Puducherry on 06.09.2024



Mental Health Helpline Number Awareness: Jeevanandan Government Higher Secondary School, Puducherry on 09.09.2024 to 10.09.2024



Mental Health Helpline Number Awareness: Government Higher secondary school, Tharmapuri, Puducherry on 10.09.2024



Mental Health Helpline Number Awareness: Government Higher secondary school, Indira Nagar, Puducherry on 13.9.2024



Mental Health Helpline Number Awareness: Manimegalai Government Higher secondary school, Nellithope, Puducherry on 16.09.2024



Mental Health Helpline Number Awareness: Annai sivagami Government Higher Secondary school, Mudaliarpet, Puducherry on 19.09.2024.



Mental Health Helpline Number Awareness: Annai sivagami Government Higher Secondary school, Mudaliarpet, Puducherry on 23.09.2024.



Mental Health Helpline Number Awareness: Jeevanandham Government Higher Secondary school, Karamanikuppam, Puducherry on 24.09.2024



Mental Health Helpline Number Awareness: Jeevanandan Government Higher Secondary School, Karamanikuppam, Puducherry on 25.09.2024.



Mental Health Helpline Number Awareness: Jeevanandan Government Higher secondary school, Karamanikuppam, Puducherry on 27.09.2024.



Mental Health Helpline Number Awareness: VVRS.Government Higher School, Lawspet, Puducherry on 30.09.2024



Mental Health Helpline Number Awareness: Sekkizhar Government Higher School, Thattanchavady, Puducherry on 01.10.2024



Mental Health Helpline Number Awareness: Thirukunoor Anagawadi, Kondathoor, Puducherry on 04.10.2024



Mental Health Helpline Number Awareness: Poraiyar Anganwadi, Oussudu, Puducherry on 04.10.2024



Mental Health Helpline Number Awareness: Anganvadi visit, Ramanathapuram, Puducherry on 17-10-2024



Mental Health Helpline Number Awareness: Anganvadi visit, Veerampattinam, Puducherry on 18-10-2024



Mental Health Helpline Number Awareness: Anganvadi visit, Thondamanatham, Puducherry on 21-10-2024



Mental Health Helpline Number Awareness: Vallalar Govt. Girls Higher Secondary School, Lawspet, Puducherry on 22-10-2024



Mental Health Helpline Number Awareness: Savarayalu Nayagar Govt. Girls High School, Saram, Puducherry on 23-10-2024



Mental Health Helpline Number Awareness: Ansari Durai Samy Government Higher Secondary School, Thondamanatham, Puducherry on 27-10-2024.



Mental Health Helpline Number Awareness: Ilango Adigal Government Higher Secondary School, Muthirapalayam, Puducherry on 25.10.2024



Mental Health Helpline Number Awareness: Navalur Nedunchezian Government Higher Secondary School, Lawspet, Puducherry on 28.10.2024



Mental Health Helpline Number Awareness: Thiruvandarkoil Government Higher secondary school, Puducherry on 29.10.2024



Mental Health Helpline Number Awareness: Kasthuribai Gandhi Government Girls Higher secondary school, Bahour, Puducherry on 04-11-2024.



Mental Health Helpline Number Awareness: Kasthuribai Gandhi Government Girls Higher secondary School, Bahour, Puducherry on 05-11-2024



Mental Health Helpline Number Awareness: C.M.Achraff Govt primary school, Mullah Street, Puducherry on 06-11-2024



Mental Health Helpline Number Awareness: Debasanpetanganwadi, Pducherry on 09-11-2024



Mental Health Helpline Number Awareness: PM Shri Kalaignar Karunanithi Government Higher Secondary School, kalitheerthalkuppam, Puducherry on 11.11.2024



Mental Health Helpline Number Awareness: Kalaignar Karunanithi Government Higher Secondary School, Puducherry on 12.11.2024



Mental Health Helpline Number Awareness: Kalaingar Karunanithi Government Higher Secondary School, Puducherry on 13.11.2024



Mental Health Helpline Number Awareness: Government Middle School, Sanyasikuppam, Thirubuvanai, Puducherry on 14.11.2024



Mental Health Helpline Number Awareness: Government High School, Madhagadipet, Puducherry on 15.11.2024



Mental Health Helpline Number Awareness: Pooranankuppam Government Middle School, Puducherry on 18.11.2024



Mental Health Helpline Number Awareness: Thiruvika Government High School, Puducherry on 20.11.2024



Mental Health Helpline Number Awareness: Thiruvika Government High School, Puducherry on 21.11.2024



Mental Health Helpline Number Awareness: Government Primary School, Murungapakkam, Puducherry on 22.11.2024



Mental Health Helpline Number Awareness: Government Higher Secondary School, Ozhukarai, Puducherry on 04.12.2024



Mental Health Helpline Number Awareness: Government High School, Gandhi Nagar, Puducherry on 09.12.2024



Mental Health Helpline Number Awareness: Primary Health Centre and Anganwadi Thirubuvanai, Puducherry on 11.12.2024



Mental Health Helpline Number Awareness: Kendriya vidyalaya school, No1shift, jipmer campus, Puducherry on 16.12.2024



Mental Health Helpline Number Awareness: Kendriya vidyalaya School, No1shift, jipmer campus, Puducherry on 17.12.2024



Mental Health Helpline Number Awareness: Kendriya vidyalaya school, No1shift, jipmer campus, Puducherry on 18.12.2024



Mental Health Helpline Number Awareness: Government High School, Madhagadipet, Puducherry on 20.12.2024



Mental Health Helpline Number Awareness: Kuruvinatham Sub Center, Puducherry on 23.12.2024



Mental Health Helpline Number Awareness: Bahour Anganwadi, Puducherry on 26.12.2024



Awareness done through sunpack sheet on Park, Single, Beach and other Public places



Mental Health Helpline Number Awareness: Kendra vidhyalaya, Jipmer campus, Puducherry on 06.01.2025.



Mental Health Helpline Number Awareness: Kendra vidhyalaya, Jipmer campus, Puducherry on 07.01.2025.



Tele Mental Health Awareness Program: Anandha Rangapillai. Government Special School, for the VH & HI, Pillaichavady, Puducherry on 8.01. 2025.



Tele Mental Health Awareness Program: Fatima Higher Secondary School, Samypillai Thottam, Puducherry on 09.01.2025



Mental Health Helpline Number Awareness: Motilal Nehru Government polytechnic college, Lawspet, Puducherry on 09.01.2025



Mental Health Helpline Number Awareness: Villianur PHC, Puducherry on 10.01.2025



Mental Health Helpline Number Awareness: Anganwadi visit, Moorthynagar, Villianur, Puducherry on 20.01.2025.



Mental Health Helpline Number Awareness: Anganwadi visit, Kuruvinaatham sub centre, Puducherry on 22.01.2025.



Mental Health Helpline Number Awareness: Anganwadi visit, Sorian kuppam, Puducherry on 23.01.2025



Mental Health Helpline Number Awareness: Community Health Centre, Manadipet, Puducherry on 24.01.2025.



Mental Health Helpline Number Awareness: Anganwadi, Nirnayampatu, Puducherry on 24.01.2025.



Mental Health Helpline Number Awareness: Anganwadi, Odhiyampattu, Puducherry on 27.01.2025.



Mental Health Helpline Number Awareness: Anganwadi, villianur, Puducherry on 28.01.2025.



Mental Health Helpline Number Awareness: S t. Francis Assisi Aided Girls and Boys High school, Kurusukuppam, Puducherry on 29.01.2025.



Mental Health Helpline Number Awareness: Government Middle school, Pitchaveeranpet, Puducherry on 30.01.2025.



Awareness Programme with mobile team to Schools & Anganwadi

March 2025 –April 2026

National Tele Mental Health Awareness Programme: Anganwadi, Muthirapalayam, Puducherry on 01.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Govindpet, Puducherry on 02.04.2025.



National Tele Mental Health Awareness Programme: Solai Nagar, Anganwadi, Muthialpet, Puducherry on 03.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Vaithikupaam, Puducherry on 05.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Kathirkamam, Puducherry on 07.04.2025.



National Mental Health Helpline Number Awareness: Anganwadi, KamarajNagar, Puducherry on 08.04.2025.



National Mental Health Helpline Number Awareness: Anganwadi, Thattachavady, Puducherry on 09.04.2025.



April 15 – Telemanas Staffs Attended Two Days National Seminar Class



National Tele Mental Health Awareness Programme: Anganwadi, Anantha nagar, Thilaspeta, Puducherry on 22.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, VGP Veemagoundapalayam, Puducherry on 23.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Boomianpet, Puducherry –on 25.04.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Back Side Govinda Salai, Puducherry on 03.05.2025.



National Tele Mental Health Awareness Programme: Anganwadi, JJ Nagar, Puducherry on 06.05.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Oulgaret Moolakulam, Puducherry on 12.05.2025.



Attended virtual meeting conducted by Mentoring Institute, Jipmer, Puducherry on -26.05.2025

Telemanas counselors have attended virtual meeting conducted by Jipmer Mentoring Institute regarding handling suicide calls .Call Telemanas show to improve calls, Mental health helpline number 24\7



Schizophrenia Awareness day at PsychiatryOPD-IGGGH&PGI, on 24.5.2026



National Mental Health Helpline Number Awareness: Anganwadi, Suthukkeny, Puducherry on 04.06.2025.



National Mental Health Helpline Number Awareness: Government High school, Sandhaipudukuppam, Puducherry on 05.06.2025.



National Mental Health Helpline Number Awareness: Indira Gandhi Government High school, Katterikuppam, Puducherry on 12.06.2025.



National Mental Health Helpline Number Awareness: Anganwadi, Mannadipet, PudhuNagar, Puducherry on 16.06.2025.



National Mental Health Helpline Number Awareness: Anganwadi, vambakeerapalayam, Puducherry on 17.06.2025.



National Mental Health Helpline Number Awareness: V.O.Chidambaranar Government High school, Puducherry on 18.06.2025.



National Mental Health Helpline Number Awareness: Savarirayalo Girls Government High School, Puducherry on 19.06.2025.



National Mental Health Helpline Number Awareness: Anganwadi, vinayaganpet, Puducherry on 20.06.2025.



National Tele Mental Health Awareness Programme: St. Antony's Govt. Aided High School, Puducherry on 03.07.2025



National Tele Mental Health Awareness Programme: Soucilabai Government Girls Higher Secondary School, Puducherry on 07.07.2025.



National Tele Mental Health Awareness Programme: Soucilabai Government Girls Higher Secondary School, Puducherry on 08.07.2025.



National Tele Mental Health Awareness Programme: Government Primary School, Arunthathipuram, Puducherry on 15.07.2025.



National Tele Mental Health Awareness Programme: Government Primary School, Navarkulam. , Puducherry on 16.07.2025.



National Tele Mental Health Awareness Programme: Wiseman Higher Secondary School, Velrampet, Puducherry on 17.07.2025



National Tele Mental Health Awareness Programme: Government Higher Secondary School, Oulgaret, Puducherry on 18.07.2025



National Tele Mental Health Awareness Programme: Anganwadi, Periyar nagar II, Puducherry on 19.07.2025.



National Mental Health Helpline Number Awareness: Sivaranthagam Government Anganwadi, Puducherry on 21.07.2025



National Tele Mental Health Awareness Programme: Sinnatha Girls Government Higher Secondary School, Muthialpet, Puducherry on 29.07.2025



National Tele Mental Health Awareness Programme: Fathima Government Aided Higher Secondary School, Lawsept, Puducherry on 30.07.2025.



National Tele Mental Health Awareness Programme: Government Primary School and Anganwadi, Thirukanji, Puducherry on 11.08.2025



National Tele Mental Health Awareness Programme: Government Girls Higher Secondary School, Madugarai, Puducherry on 20.08.2025.



National Mental Health Helpline Number Awareness: Cheddilal Government High School, Abishegapakkam, Puducherry on 21.08.2025



National Tele Mental Health Awareness Programme: Government Primary School, Nathamedu, Puducherry on 01.09.2025.



National Tele Mental Health Awareness Programme: Government Primary School and Anganwadi, Chinnakalpet, Puducherry on 02.09.2025.



National Tele Mental Health Awareness Programme: Kannagi Government Girls Higher Secondary School, Villianur, Puducherry on 03.09.2025.



National Tele Mental Health Awareness Programme: Mangalam town Anganwadi, villianur, Puducherry on 03.11.2025.



National Tele Mental Health Awareness Programme: Government Higher School, Uruvaiyar, Puducherry on 10.11.2025.



National Tele Mental Health Awareness Programme: Immaculate Girls Higher Secondary School, Uppalam, Puducherry on 11.11.2025.



National Tele Mental Health Awareness Programme: Anganwadi, Lawspet, Puducherry on 12.11.2025.



National Tele Mental Health Awareness Programme: Government Boys Middle School in Delarshpet, Puducherry on 27.11.2025.

On November 28, the Telemanas held a school awareness programme at the Government Boys Middle School in Delarshpet, Puducherry. The senior consultant raised awareness about Telemanas' helpline number, exam stress, mental health, mobile addiction and suicidal thoughts. Total number of beneficiaries: 150 students. At the end of the session pamphlets were issued to students.



National Tele Mental Health Awareness Programme: Indira Gandhi Government Higher Secondary School, Puducherry on 02.12.2025.



National Tele Mental Health Awareness Programme: Aayiammal Government Middle school, Muthiraiyarpalayam, Puducherry on 08.12.2025.



National Tele Mental Health Awareness Programme: Ilango Adigal Higher Secondary school, Muthirapalayam, Puducherry on 09.12.2025



National Tele Mental Health Awareness Programme: Ilango Adigal Higher Secondary school, Puducherry on 10.12.2025



National Tele Mental Health Awareness Programme: Government High School, Pillaiyarkuppam, Puducherry on 15.12.2025



National Tele Mental Health Awareness Programme: Nallavadu, Anganwadi, Puducherry on 22.12.2025.



National Tele Mental Health Awareness Programme: Nallavadu, Anganwadi, Puducherry on 23.12.2025.



National Tele Mental Health Awareness Programme: Thennampalayam, Anganwadi, Puducherry on 27.12.2025.



National Tele Mental Health Awareness Programme: Embalam, Anganwadi, Puducherry on 29.12.2025.



National Tele Mental Health Awareness Programme: Deepa oli govt aided high school, Thondamanatham, Puducherry on 02.01.2026.



National Tele Mental Health Awareness Programme: Deepa oli govt aided high school, Thondamanatham, Puducherry on 03.01.2026.



National Tele Mental Health Awareness Programme: Chinnaiyanpet, Anganwadi, saaram, Puducherry on 10.01.2026



National Tele Mental Health Awareness Programme: Embalam, Anganwadi, Puducherry on 12.01.2026.



National Tele Mental Health Awareness Programme: Sellipet, Anganwadi, Puducherry on 20.02.2026



National Tele Mental Health Awareness Programme: Indra Nagar, Anganwadi, Puducherry on 03.03.2026.



National Tele Mental Health Awareness Programme: Mudaliarpet, Anganwadi, Puducherry on 05.03.2026.



On 5/03/2026 NMHP has conducted School Awareness Programme at Government High School at Thiruwandayarkovil, Puducherry. Telemans Consultant conducted some lecture on mental health issue, how to manage the stress related to academic and availability & functioning of Telemental Health Service 24/7 hours for the students, around 200 students from 6th to 9th were participated.



National Tele Mental Health Awareness Programme: Thengaithittu, Anganwadi, Puducherry on 09.03.2026



On the event of Woman's international day christ college has conducted woman's day celebration along with NMHP Pondicherry, Senior consultant telemanas had done seminar on woman's health ,woman's mental well being and what are all the stress related issues in students life and how to manage the stress and the availability of telemental health helpline, seminar for around 200 MBA students was conducted



On 23,24,25 NMHP Puducherry as conducted training programs on essentials in Psychiatry. TELEMANS Consultant HAS GIVEN A LECTURE on introduction to mind and overview of mental illness and how to identify the stress and manage and functioning of telemanas helpline.



Telemanas Puducherry call details

 **Pondicherry - Tele MANAS Daily Report & D**

Sent by Vandhana

Tele MANAS Report

Total Calls (Till Date)

14280

Total User Initiated Calls(Till Date)

11197

Total Tele MANAS Initiated Calls(Till Now)




3083

Total Calls (Yesterday)

9

Total User Initiated Calls (Yesterday)

Start of video consultation




Directorate of Health & Family Welfare Services
Puducherry

Government of Puducherry
National Tele Mental Health
Programme (TMHP), Puducherry

Warm greetings from Telemans Puducherry...

We are pleased to inform you that we have started video consultation and E-Prescription for Mental Health support in Pondicherry. Mental health professionals are available for consultation at free off cost. For information contact Telemans helpline 14416



Call Telemans Mental health helpline number



புதுச்சேரி அரசு - சுகாதாரம் மற்றும் குடும்ப நலத்துறை

**மனநல பிரச்சனை
நீங்கள் தனியாக போராட
எங்களுடன் பகிர்ந்து
நாங்கள் உங்களுக்காக உ
மன நோய்க்கு காணொளி ஆலோ
மருத்துவ உதவி பெற**

