

Nationally authorized mental health, well-being, and safety HELPLINES .

- 1. Manodarpan Portal** - An initiative of the Ministry of Education providing mental health and psychosocial support resources for students, teachers, and parents.
- 2. Manodarpan Helpline (8448440632)** - Toll-free tele-counselling support addressing academic stress, anxiety, emotional concerns, and psychosocial issues.
- 3. iCall - 9152987821** is a confidential mental health helpline run by the Tata Institute of Social Sciences (TISS).
- 4. Tele-MANAS Helpline (14416 / 1-800-891-4416)** - A 24x7 national mental health helpline offering professional psychological support, crisis intervention, and referral services.
- 5. Nasha Mukh Bharat Abhiyan Helpline (14446)** - Support and guidance for individuals facing substance use and addiction-related issues, including referral for de-addiction services.
- 6. National Tobacco Quitline (1800-11-2356)** - Counselling and support services to help individuals quit tobacco and nicotine use.
- 7. Cyber Crime & Cyberbullying Helpline (1930)** - Immediate assistance for cyber fraud, online abuse, cyberbullying, and digital safety concerns.
- 8. Women Helpline (181 / 112)** - Emergency support and assistance for women facing violence, abuse, or distress.
- 9. Child Helpline (1098)** - A 24x7 emergency