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Health Ministry to set up mental health assistance helpline for armed forces

05 June 2024 | News

51 Tele MANAS cells operational across all States and Union Territories



A Memorandum of Understanding (MoU) has been signed between the Ministry of Health and Family Welfare (MoHFW) and the Ministry of Defence (MoD) to facilitate collaboration between the two ministries in operating a special cell of Tele MANAS, the National Telemental Health Helpline of MoHFW, as a pilot project for a period of two years at the Armed Forces Medical College in Pune.

The MoU was signed by Aradhna Patnaik, AS & MD of MoHFW, and Lt General Daljit Singh, Director General of Armed Forces Medical Services.

Recognising the unique stressors faced by the Indian military, the need for tele-mental health services in the Armed Forces has become evident. The operational environment, cultural challenges, and specific stressors related to regional conflicts necessitate a specialised approach to mental healthcare in Armed Forces.

With the signing of the MoU, the mental health and well-being of Armed Forces personnel and their families will be addressed and the Armed Forces beneficiaries will have direct access to specialised care, ensuring that their unique mental health needs are addressed promptly and effectively.

Tele MANAS is the digital extension of the District Mental Health Programme (DMHP), offering comprehensive, integrated, and inclusive 24/7 tele-mental health services.