

GOVERNMENT DEGREE COLLEGE, SHIVNAGAR
KANGRA, HIMACHAL PRADESH – 176086
NOTICE

Date: April 8, 2026

This is to inform all students and faculty members of Government Degree College, Shivr Nagar, that the Ministry of Health & Family Welfare, Government of India, has operationalized the **Tele-MANAS (Tele Mental Health Assistance and Networking Across States) helpline**.

Mental health is as important as physical health. In line with the National Tele-Mental Health Programme, this 24/7 service is available to provide free, confidential, and professional counseling to those experiencing stress, anxiety, or any mental health concerns.

Key Details of the Helpline:

Toll-Free Number: 14416 or 1800-891-4416

Availability: 24 Hours | 7 Days a Week


PRINCIPAL

Principal
Govt. College Shivr Nagar
Distt. Kangra (H.P.) 176086
D.C. Code 230

Mental health/ suicide helpline numbers across INDIA
Available in HINDI, ENGLISH and MARATHI.

Name	Contact No.	Timing
Jeevan Aastha helpline (GJ)	1800-233-3330	(24x7)
Aasra	09820466726	
Vandravela foundation	+91 9999666555	(24x7)
Kiran mental health (govt)	1800-599-0019	(24x7)
One life-foundation	7893078930	
Sumaitri	011-46018404	
Fortis stress helpline	91-8376804102	(24x7)
I-CALL Psychosocial helpline (Tiss)	022-25521111	10am- 8pm
Interventional bipolar foundation	91-8888817666	7am-9pm
National institute of behavioural sciences Kolkata	033-22865203	12pm- 8pm
CAN- Helper	09511948920	10am-6pm
Mann talks helpline (MH)	8686139139	9am- 6pm
The institute of mental health(IMH)	9154154092 044-26425585	
NIMHANS centre for well-being	08026685948 9480829670	

Disclaimer

- The information provided here is intended solely for informational purposes.
- The helpline numbers, the contact details have been aggregated from publicly available sources.
- They are a resource to facilitate access to mental health & suicide prevention support services.
- Please note that the accuracy & availability of helpline services listed is subjected to change without notice.
- The inclusion of any helpline does not constitute as endorsement or recommendation.
- This does not guarantee quality response and/or medical advice you may receive. It does not replace professional medical advice, diagnosis & treatment.
- If you know someone in crisis we suggest you to take immediate help from a qualified medical health professional.

[Handwritten Signature]

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