

Manodarpan Initiative: Psychosocial Support for Mental Health & Well-being

The **Manodarpan** initiative is a vital effort by the Ministry of Education (MoE) to provide **psychosocial support** to students, teachers, and families, ensuring their **mental health and emotional well-being**.

In today's challenging times, addressing mental health concerns is crucial. Manodarpan offers a range of resources, including **advisories, practical tips, videos, posters, FAQs, and an online query system** to support individuals in need.

Key Features of Manodarpan

- ✓ **Comprehensive Resources** – Access advisories, posters, videos, and practical tips for mental well-being.
- ✓ **Do's and Don'ts** – Guidance on psychosocial support for students, teachers, and parents.
- ✓ **Online Query System** – Submit your mental health-related queries for expert advice.
- ✓ **National Toll-Free Helpline** – Call **8445440632** for **tele-counselling** (available for students from schools, colleges, and universities).

Access Manodarpan Resources

Explore the dedicated [Manodarpan web page](#) on the **Ministry of Education (MoE) website**:

➡ [Manodarpan - MoE Website](#)

Additional Useful Links

- [Mental Health Advisory](#)
- [Podcasts/Videos /FAQ](#)
 - [Tips to Follow](#)
- [Directory of Counsellors](#)

- [Website in Hindi](#)

Need Immediate Support?

☎ Call the Manodarpan Helpline:

National Toll-Free Helpline Number

844 844 0632

Let's prioritize **mental health and emotional well-being** together! 🤝