

## **K K Wagh college of Agriculture Engg. & Technology, Nashik**

### **UMMEED & MANODARAN**

#### **UMMEED - Mental Health Helpline**

**Website:- <https://www.umeedindia.net/>**

- 1. UMMEED is a government initiative focused on promoting mental health and well-being.**
- 2. It provides free counselling and emotional support to people facing mental health issues.**
- 3. The program offers 24x7 helpline services through phone and online platforms.**
- 4. It helps individuals dealing with stress, anxiety, depression, and suicidal thoughts.**
- 5. The main aim of UMMEED is to raise awareness and reduce stigma around mental health.**

#### **National & Government-Supported Helplines (24x7):**

- Tele-MANAS: 14416 or 1800-891-4416**

#### **MANODARAN - Mental Health Helpline**

**Website:- <https://manodarpan.education.gov.in/>**

- 1. Manodarpan is an initiative by the Ministry of Education, Government of India.**
- 2. It aims to promote the mental health and emotional well-being of students, teachers, and parents.**
- 3. The program provides free psychological counselling and guidance.**
- 4. A 24x7 toll-free helpline (8448440632) is available for support.**
- 5. Manodarpan focuses on reducing stress and spreading awareness about mental health.**

**National Toll-Free Helpline (Manodarpan): 8448440632 — A 24x7, toll-free number for psychosocial support and mental health counselling**