



भारतीय सूचना प्रौद्योगिकी संस्थान, नागपुर Indian Institute of Information Technology, Nagpur

“An Institution of National Importance by an Act of Parliament”

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12th May 2023

IMPORTANT NOTICE

Mental health is a critical & complex issue that affects many individuals including students particularly during stressful & challenging times. Young students entering Higher Educational Institutions encounter challenging situations and are at risk for developing stress, anxiety and other issues related to mental health.

Therefore, Government of India, with an objective to provide support for their mental health and well-being, has launched **Tele MANAS – a toll-free Mental Health Helpline** that provides support and assistance to those struggling with mental health issues.

Access to trained and accredited mental health counsellors is available across the country in multiple languages on the toll-free number 14416 and 1800-891-4416. The students can call Tele MANAS at any time for free and confidential support.

All the students and also other stakeholders of the Institute are requested to note about the Tele MANAS Initiative and seek timely help as and when required.

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KAILAS N. DAKHALE
REGISTRAR