

Student Support Resources

If you're feeling overwhelmed—due to emotional distress, academic pressure, social issues, or thoughts of self-harm—you are not alone. Help is just a call away.

You can also reach out if you're concerned about a friend, peer, or classmate.

Category	Helpline Name	Number	Purpose	Availability
Emergency	Emergency Response System (आपातकालीन नंबर)	112	Police, Fire, Ambulance (पुलिस, अग्निशमन, एम्बुलेंस)	24/7
Mental Health	Tele-MANAS (टेली-मानस)	14416 / 1800-891-4416	Mental health support (मानसिक स्वास्थ्य सहायता – बहुभाषीय)	24/7
Mental Health	Manodarpan (मनोदर्पण)	8448440632	Emotional support for students (छात्रों के लिए भावनात्मक सहायता)	24/7
Protection	Women Helpline (महिला हेल्पलाइन)	181	Emergency support for women	24/7
Protection	National Commission for Women (राष्ट्रीय महिला आयोग)	78271-70170	Grievance redressal & tracking for women	24/7
Protection	Anti-Ragging Helpline (एंटी-रेगिंग)	1800-180-5522	Report ragging / harassment	24/7
Protection	Cyber Crime Reporting (साइबर अपराध रिपोर्टिंग)	155260 / 1930	Online abuse, fraud, harassment	24/7
Legal / Rights	SC/ST Atrocities Prevention (एससी/एसटी अल्याचार निवारण)	14566	Report caste-based discrimination / violence	24/7
Legal / Rights	Disability Info Helpline (दिव्यांगता सूचना हेल्पलाइन)	14456	Support for persons with disabilities	Mon–Sat, 9:00 AM–5:30 PM
Legal / Rights	Legal Aid Helpline (विधिक सहायता हेल्पलाइन)	15100	Free legal help for vulnerable groups	Mon–Fri, 9:30 AM–5:00 PM