

From

Director General Higher Education,  
Haryana, Panchkula

To

All the Principals of Government/ Aided/ Self-Financed Colleges

Memo No. DHE-010009/5/2021-Coordination-DHE

Dated: 07/01/2021

**Subject: Regarding the launch of NayiDisha Distress Call Centre by the department.**

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You are hereby informed that the Department is starting a **24 X 7 Toll Free Helpline No. +9174198-64999** for psychological first aid intervention. This helpline shall help students to receive professional psychological and emotional support from a team of trained psychologists. This platform will be launched at 1:00 PM on **Friday i.e. 8<sup>th</sup> January, 2021** with an aim to spread awareness and reduce stigma surrounding Mental Health among students and their families.

Kindly join the Online Launch Event at **1:00 PM** on 8<sup>th</sup> January and motivate students of the college to take full advantage of this Initiative. The link for the event will be shared soon.



Joint Director IT,  
for Director General Higher Education,  
Haryana, Panchkula