

## **Dial 14416 for free mental health support across India in multiple language**

Leh, September 15, 2025: The 31st and 32nd meetings of the District Level Committee under NCORD Mechanism and the Nasha Mukta Bharat Abhiyan (NMBA) were convened today under the chairmanship of Deputy Commissioner, Leh, Romil Singh Donk (IAS) on September 15, at the VC Room of the DC Office, Leh.

Key agenda points discussed included, exchange of intelligence and information on drug trafficking trends, monitoring investigation processes in drug-related cases with cross-state implications, promoting anti-drug awareness, particularly in schools and colleges, assessing requirements for drug detection equipment and submitting proposals, supervision of drug de-addiction and rehabilitation centers, review of NMBA action points, and other related issues of importance.

Deputy Superintendent of Police Leh, Rishabh Shukla reported that 9 drug-related cases have recently been registered in the district, with 19 accused arrested (14 local and 5 non-local). Additionally, three FIRs were filed — two in Khaltsi and one in Leh. He also informed that 18 awareness campaigns have already been conducted in schools, police stations, and villages.

The DC Leh directed officers to conduct inspections in shops and stressed the importance of targeting youth beyond schools through wider outreach programs. Block Development Officers shared details of campaigns that included expert lectures, painting competitions, and quiz contests on drug awareness.

Dr. Padma Angmo, Psychiatrist at SNM Hospital Leh, highlighted a rise in intravenous (IV) drug user cases, with 20 cases reported — 17 from Leh and 3 from Nubra, many from broken families. She also suggested integrating awareness sessions within the tourism sector.

Stanzin Angmo AE&CO from the Information Department shared that the Ladakh Buddhist Association youth members have been screening films on drug abuse in villages, including Sham Valley, where noticeable positive changes have been observed. She also emphasized awareness about Dial 14416, Tele Mental Health Assistance and Networking Across States (Tele MANAS) it is India's national programme for mental health helpline, which provides 24x7 toll-free tele-counseling across India in multiple languages. The helpline connects callers with trained counselors, psychologists, and mental health professionals to support those dealing with stress, anxiety, depression, and other concerns.

The District Social Welfare Officer suggested that awareness about Dial 14416 be disseminated through stickers on cars and buses to reach the wider public. Officers also underlined the importance of educating parents, especially those whose children are living in rented accommodations.

The meeting was attended by SSP Leh Shruti Arora; DSP Rishabh Shukla; DSW Officer Leh, CMO Leh and other officers



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