



**Chief Education officers  
Jammu Division (All)**

DSEJ/CC/No: 26030-52

Date:-07.05.2016

**Subject: Publicizing Tele-Counselling Helpline numbers among students.**

Kindly find enclosed herewith a list of Tele-Counselling helpline numbers by various Govt. Departments/Ministries, NGOs etc. related to student's psychosocial well being.

You are directed to circulate this list to Government schools (Higher and High) for informing the students about these helplines. The function of each helpline number must be elaborated/demonstrated to students during morning assemblies.

Each school must be directed to get this list laminated/framed in a legible/magnified format and get it permanently mounted on the wall at an area accessible to students and staff.

Counselling Cell at this directorate can be contacted at [counsellingcelldsej@gmail.com](mailto:counsellingcelldsej@gmail.com), 9419210200 for further queries.

**Rakesh Kumar Srangal, KAS**  
**Director School Education**  
Jammu

**Copy to the**

1. Secretary to Govt. School Education Department, Civil secretariat, J & K, Srinagar for kind information.
2. Principal DIETs.(All)
3. I/C Counselling Cell DSEJ for necessary action.
4. I/c Computer Section for putting on official website.

# Tele- Counselling Helplines



- **National Adolescent Helpline: 1800-233-1250**
- **National Substance Abuse Helpline: 1800-11-0031**
- **National Career Helpline: 1800-425-1514(www.NCS.gov.in)**
- **Childline: 1098**
- **POCSO Helpline: 9868235077, POCSO E-BOX**
- **SARA suicide prevention helpline: +91-9796606060**
- **Kashmir Life line : 18001807020**
- **Counselling Cell Directorate of School Education  
Jammu: 9419210200, Counsellingcelldsej@gmail.com**

**"Counselling Cell, Directorate of School Education Jammu"**

*RLK*