



SAARTHI - सारथी

करियर मार्गदर्शन पोर्टल · Career Guidance Portal

"सही मार्गदर्शन, उज्ज्वल भविष्य।"

करियर शीट · CAREER SHEET

टेलीहेल्थ काउंसलर

A Telehealth Counselor (online or e-therapist) provides mental-health services over the internet. Through video calls, chat, email and phone, they bring counselling and support to people in remote locations.



Scan for everything on this career

Salary, exams, colleges, the routes in and the steps after — all on the portal.

career.gsssjethantri.in/#/career/telehealth-counselor

राजकीय उच्च माध्यमिक विद्यालय, जेठन्तरी

Govt. Sr. Sec. School, Jethantri · ब्लॉक समदड़ी · बालोतरा (Block Samdari · Balotra)

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सुशील कुमार शर्मा

प्रधानाचार्य, रा.उ.मा.वि. जेठन्तरी · मास्टर ट्रेनर
Principal, GSSS Jethantri · Master Trainer



श्री चेनाराम चौधरी

प्रधानाचार्य, डाइट बाड़मेर
Principal, DIET Barmer



श्रीमती संघमित्रा

वरिष्ठ व्याख्याता, डाइट बाड़मेर (सहयोग)
Sr. Lecturer, DIET Barmer (Support)



भरत चौधरी

अभिकल्पना व विकास · व्याख्याता (इतिहास)
Designed & developed · Lecturer (History)

विशेष धन्यवाद · SPECIAL THANKS



सुरेन्द्र सिंह राठौड़

व्याख्याता (इतिहास) · रा.उ.मा.वि. कानाना



सुरेश कुमार सैन

व्याख्याता (भूगोल) · रा.उ.मा.वि. रामसीन मूंगड़ा



वनिता कुमारी

व्याख्याता (इतिहास) · रा.उ.मा.वि. रामसीन मूंगड़ा



कमलेश चौधरी

व्याख्याता (राजनीति विज्ञान) · रा.उ.मा.वि. टापरा

करियर मार्गदर्शन कार्यशाला, डाइट बाड़मेर (14-17 जुलाई 2026) में विकसित व लोकार्पित
Developed & unveiled at the Career Guidance Workshop, DIET Barmer (14-17 July 2026)

यह एक स्वतंत्र परियोजना है, जो सरकार की आधिकारिक करियर-मार्गदर्शन सामग्री पर आधारित है। · An independent project based on the Government's official career-guidance content.

1 About this career

A Telehealth Counselor (online or e-therapist) provides mental-health services over the internet. Through video calls, chat, email and phone, they bring counselling and support to people in remote locations.

2 At a glance

Minimum qualification	BA/MA Psychology + Counselling training
Duration	3-5 years
Starting salary	₹4-5 LPA
Work Area	Online therapy platforms, telemedicine

3 What you need

INTERESTS

- Working with and for people
- Organising things and planning
- Solving problems

ABILITIES

- Strong word, language and writing ability
- Understanding relationships between things
- Understanding people's emotions and behaviour

KEY SKILLS

- Active listening and empathy
- Proficiency with digital and video tools
- Crisis identification and management
- Clear written and verbal communication
- Online confidentiality and data security
- Time and case management

4 How to get there

- 1 Complete Class 12 in any stream (Psychology subject is helpful)
- 2 Do a Bachelor's (BA Psychology / BSW) in psychology or social work
- 3 Do a Master's (MA Psychology/Counselling) or a Diploma in Counselling
- 4 Gain practical experience through supervised internship
- 5 Take training in telehealth/online counselling and digital ethics

MAIN EXAMS

- CUET-UG / CUET-PG (for central university admission)
- University entrance tests (RU, NIMHANS, TISSNET)

5 Where to study

GOVERNMENT INSTITUTES

- University of Rajasthan (Dept. of Psychology) — Jaipur (<https://www.uniraj.ac.in>)
- Rajasthan University of Health Sciences (RUHS) — Jaipur (<https://ruhsraj.org>)
- Regional Institute of Education (NCERT) — Ajmer
- NIMHANS — Bengaluru (<https://www.nimhans.ac.in>)

PRIVATE INSTITUTES

- Janardan Rai Nagar Rajasthan Vidyapeeth University — Udaipur
- Mahatma Jyoti Rao Phoole University — Jaipur
- Manipal University Jaipur — Jaipur

ONLINE

- IGNOU (BA/MA Psychology, Counselling) — Distance/Online (<https://www.ignou.ac.in>)
- TISS (Social Work / Counselling) — Mumbai / Online (<https://www.tiss.edu>)
- NIMHANS Digital Academy — Online

FEES

Course fees range from about ₹50,000 to ₹1 lakh per year, varying by institution.

SCHOLARSHIPS

- National Scholarship Portal (NSP) (<https://scholarships.gov.in>)
- SJE Rajasthan Scholarships (<https://sje.rajasthan.gov.in/>)
- Buddy4Study (<https://www.buddy4study.com>)
- Vidya Lakshmi Education Loan Portal (<https://www.vidyalakshmi.co.in>)

6 What the work is like

WHERE YOU WORK

Online therapy platforms, telemedicine services, hospitals and mental-health centres, helplines, educational institutions and remote work from home.

WORK CULTURE

Usually 5-6 days a week and 8-9 hours a day, with possible shifts and flexible hours. Opportunities exist for persons with disabilities, and remote/private online practice is possible.

WHO HIRES

- | | |
|--|---|
| • Online mental-health platforms (YourDOST etc.) | • Telemedicine and eSanjeevani services |
| • Hospitals and mental-health clinics | • Helplines and crisis-support services |
| • Corporate EAP and wellness programmes | • Own online practice |

DEMAND (2026)

The spread of smartphones, internet and mental-health awareness is rapidly increasing demand for telehealth counselling in 2026, especially to widen access in rural and remote areas.

7 Career growth

- 1 Trainee Telehealth Counselor
- 2 Team Leader / Supervisor
- 3 Project Manager
- 4 Senior Telehealth Counselor

EARNINGS

Starting	₹4-5 LPA
Mid level	₹6-9 LPA
Senior level	₹10-15 LPA+

Income varies by platform, caseload and experience; freelance/online practice can add income. Figures are indicative.

8 The good parts · The challenges

The good parts

- Work from anywhere with flexible hours
- Reaching remote and rural people
- Fast-growing digital field

The challenges

- Harder to build rapport through a screen
- Technical and network issues
- Limits in handling severe crises remotely

9 Real-life journeys

Richa Singh

Co-founder & CEO, YourDOST (online emotional-wellness platform)

Engineer-turned-entrepreneur Richa Singh co-founded YourDOST in 2014, moved by the suicide of a peer, so that anyone could connect anonymously with an online counselor. Today it is one of India's largest online mental-health platforms, and she has featured in Forbes 30 Under 30.

YourStory (HerStory) · <https://yourstory.com/herstory/2024/12/100-emerging-women-leaders-richa-sing-your-dost-mental-health>

Puneet Manuja

Co-founder & COO, YourDOST

Puneet Manuja co-founded YourDOST with Richa Singh and played a key role in making online counselling accessible in India. He manages the platform's operations and network of counselors and champions open conversations about mental health.

Forbes India (30 Under 30) · <https://www.forbesindia.com/article/30-under-30-2017/puneet-manuja-and-richa-singhs-yourdost-opens-up-the-conversation-on-mental-health/45873/1>

10 If this route does not work out

One exam or one attempt does not close the door. The same subjects also open these routes — entry is usually easier, and you can return to this field later.

- Marriage & Family Counselor
- Rehabilitation Counselor
- De-addiction Counselor

11 Sources & further reading

1. Rajasthan Career Guidance (official source) — <https://cg.rajasthan.gov.in/careerguidance/hi/career/%e0%a4%9f%e0%a5%87%e0%a4%b2%e0%a5%80%e0%a4%b9%e0%a5%87%e0%a4%b2%e0%a5%8d%e0%a4%a5-%e0%a4%95%e0%a4%be%e0%a4%89%e0%a4%82%e0%a4%b8%e0%a4%b2%e0%a4%b0-telehealth-counselor/>
2. NIRF India Rankings — <https://www.nirfindia.org/Rankings/2025/Ranking.html>
3. eSanjeevani National Telemedicine Service — <https://esanjeevani.mohfw.gov.in>



And 770+ more careers — the whole portal

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