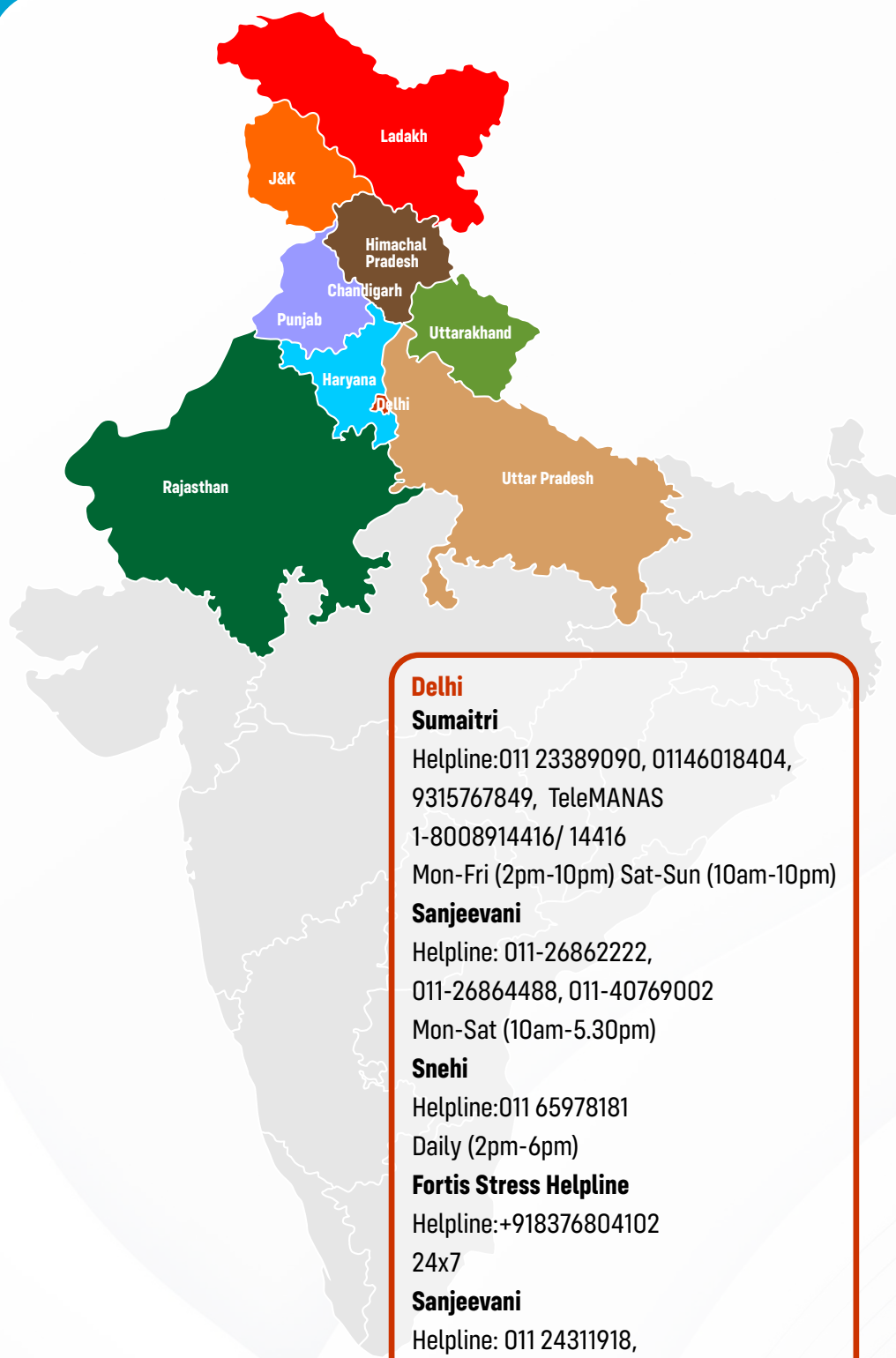


MENTAL HEALTH AND SUICIDE PREVENTION HELPLINE NUMBERS





Jammu and Kashmir

Healing Minds Foundation

Helpline: 1800 180 7020

TeleMANAS 1-8008914416/ 14416

Sun-Thurs (10am-5pm)

The Sara

Helpline: +91-9697-606060

Daily (10am-5pm)

Chat bot : 9797600601

Ladakh

TeleMANAS

Helpline: TeleMANAS

1-8008914416/ 14416

Himachal Pradesh

TeleMANAS

Helpline: 1-8008914416/ 14416

104 (24X7)

Uttarakhand

TeleMANAS

Helpline: TeleMANAS

1-8008914416/ 14416

104 (8am- 8pm)

Chandigarh

Asha Helpline

Helpline: +91 172 2735436,

+91 172 2735446

Mon-Sat (8am-7pm)

Suicide Helpline

Helpline: 01722660078, 01722661078

Punjab

Medical Consultation - Health

Helpline: 104

TeleMANAS 1-8008914416/ 14416

24X7

Rajasthan

Medical Advice and Helpline

Helpline: 104

TeleMANAS 1-8008914416/ 14416

24X7

Hope Helpline for Students

Helpline: 0744-2333666

0744-2414141 (24X7)

Delhi

Sumaitri

Helpline: 011 23389090, 01146018404,

9315767849, TeleMANAS

1-8008914416/ 14416

Mon-Fri (2pm-10pm) Sat-Sun (10am-10pm)

Sanjeevani

Helpline: 011-26862222,

011-26864488, 011-40769002

Mon-Sat (10am-5.30pm)

Snehi

Helpline: 011 65978181

Daily (2pm-6pm)

Fortis Stress Helpline

Helpline: +918376804102

24x7

Sanjeevani

Helpline: 011 24311918,

011 24318883

Mon-Fri (10am-5.30pm)

Fortis Stress Helpline

Helpline: +918376804102 (24x7)

Haryana

TeleMANAS

Helpline: 1-8008914416/ 14416

Uttar Pradesh

TeleMANAS

Helpline: TeleMANAS 1-8008914416/ 14416

Jharkhand

Chikitsa Salah

Helpline: 104, TeleMANAS
1-8008914416/ 14416 (24x7)

Jeevan Suicide Prevention

Helpline: 0657 6453841,
0657 6555555, 9297777499/
9297777500, 9955435500

Daily (10am-6pm)

Telemanas

1-8008914416, 104 (24x7)

Madhya Pradesh

Spandan

Helpline: +91 9630899002,
+91 7389366696 (24x7)

Sanjivani

Helpline: 1253, 0761-2626622,
TeleMANAS 1-8008914416/ 14416

Jeevan Aadhar

Helpline: 1800-233-1250

Daily (9am-5pm)

Maharashtra

The Samaritans Mumbai

Helpline: +91 84229 84528,
+91 84229 84529, 84229 84530

Daily (3pm-9pm)

Vandrevala Foundation

Helpline: 1860-266-2345,
1800-233-3330 (24X7)

BMC Mental Health

Helpline: 022-24131212,
TeleMANAS 1-8008914416/
14416 (24x7)

Tata Institute of Social Sciences icall

Helpline: 022 25521111

Mon-Sat (8am-10pm)

Hitguj

Helpline: 022-24131212

Nagpur Suicide Prevention

Helpline: 8888817666

The Samaritans Mumbai

Helpline: +91 84229 84528,
+91 84229 84529, 84229 84530

Daily (3pm-9pm)

022-64643267, 022-65653247

Maitra Helpline

Helpline: 022 25385447

Mon-Sat(9am-9pm), Sun (9am-1pm)

Aasra

Helpline: +91 9820466726 (24X7)

Connecting Trust

Helpline: 1800-843-4353,
+91-9922001122, 9922004305

Daily (12pm-8pm)

I Call psychosocial helpline (TISS)

Helpline: 022-25521111 10 am- 8 pm

Dadra & Nagar and D&D

TeleMANAS

Helpline: 1-8008914416/ 14416

Bihar

TeleMANAS

Helpline:1-8008914416/ 14416

Gujrat

Saath

Helpline: +91 7926305544 ,
+91 79 26300222

Daily (1pm-7pm)

Jeevan Aastha helpline

Helpline: 1800 233 3330,
TeleMANAS 1-8008914416/ 14416
24X7, 104 (24x7)

GOA

COOJ Mental Health Foundation

Helpline: +91 8322252525,
+91 98225 62522
Mon-Fri (3pm-7pm))

Madhya Pradesh

Spandan

Helpline: +91 9630899002,
+91 7389366696 (24x7)

Sanjivani

Helpline: 1253, 0761-2626622,
TeleMANAS 1-8008914416/ 14416

Jeevan Aadhar

Helpline: 1800-233-1250

Daily (9am-5pm)

Chhattisgarh

Arogya Seva

Helpline:104, TeleMANAS
1-8008914416/ 14416 (24x7)

Odisha

Health Helpline

Helpline: 104, TeleMANAS
1-8008914416/ 14416 (24x7)

ANDAMAN NICOBAR

TeleMANAS

Helpline: 1-8008914416/
14416

Pondicherry

Maitreyi

Helpline: 0413 2339999,
TeleMANAS 1-8008914416/ 14416
Daily (2pm-8pm)

Andhra Pradesh

Life

Helpline: 78930-78930:100

GGH-Kakinada

Helpline: 98499-03870,
TeleMANAS 1-8008914416/ 14416

Roshni Secundrabad

Helpline: 040 7904646

Karnataka

Parivarthan Counseling

Helpline: +91 7676 602 602,
TeleMANAS 1-8008914416/ 14416
Mon-Fri (4pm-10pm)

SAHAI

Helpline: 1080 25497777,
+91-9886444075
Mon-Sat (10am-8pm)

Mitram Foundation

Helpline: 08025722573,
9019708133
(10.00 am to 4.00pm Everyday)

Sa-Mudra Yuva Helpline

Helpline: +91 9880396331
24X7

Arogya Sahayavani

Helpline: 104 (24X7)

Suicide lifeline Mangalore

Helpline: 08242983444,
7338201234 (24x7)

NIMHANS centre for well-being

Helpline: 08026685948, 9480829670

Vanitha sahayavani

Helpline: 1091

Arpita foundation

Helpline: +918023655557/
91+8023656667/ 8792677346
080 23655557/ 080 23656667
9am- 9pm. All days.

Kerala

Thanal Suicide Prevention Centre

Helpline: 0495 2760000,
9495714262, 7306509594,
TeleMANAS 1-8008914416/ 14416
Daily (10am-6pm)

Maithri Kochi

Helpline: 0484 2540530
Daily (10am-7pm)

Pratheeksha

Helpline: 0484 2448830
Daily (10am-6pm)

Sanjeevani

Helpline: 0471 2533900,
9400033900, Mon-Sat (1pm-5pm)

Unarve

Helpline: 04862225544
Mon-Sat (1pm-5pm)

DISHA

Helpline: 1056/ 104 (24X7)
0471-2552056, 0471-2551056

Tamil Nadu

Sneha India foundation

Helpline: 044-24640050/
044-24640060
Mon-Sun (8am-10pm)
TeleMANAS 1-8008914416/ 14416
24x7

Medical Helpline

Helpline: 104 (24x7)

Jeevan Suicide Prevention Hotline

Helpline: 044 2656 4444 (24X7)

One life foundation

Helpline: 7893078930

Sumaitri

Helpline: 01146018404/
919315767849

Telangana

Roshni Trust

Helpline: 040 6620 2000,
040 6620 2001, 8142020033/44
TeleMANAS 1-8008914416/ 14416
Mon-Sat (11am-9pm)

One Life

Helpline: +91 7893078930
24x7

Sevakendram-Health

Helpline: 104 (24x7)

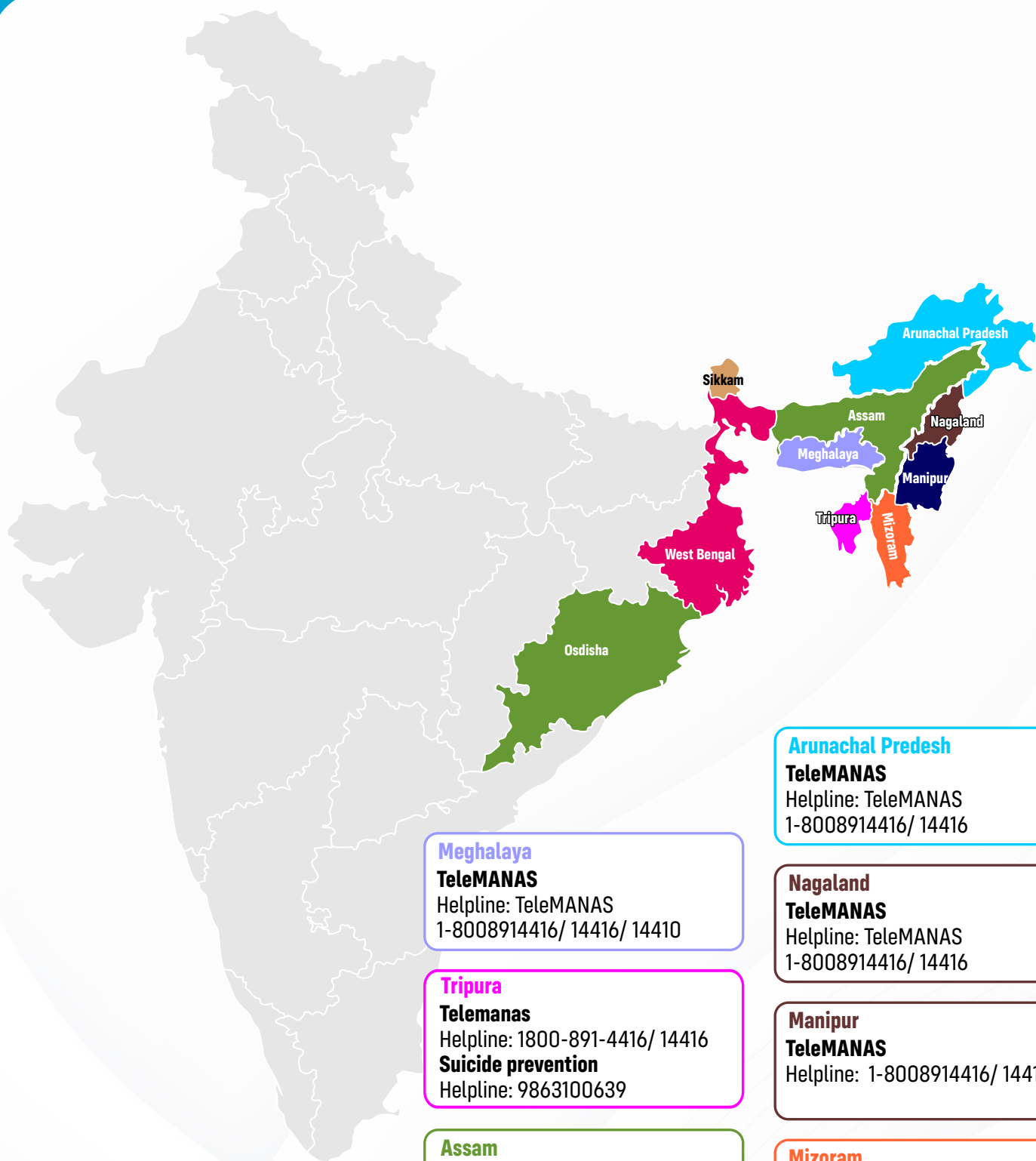
Darshika

Helpline: 040 27755506,
040 27755505

Makro Foundation -

Suicide Prevention Helpdesk

Helpline: 040 46004600
Mon-Fri (10am-7pm)



Arunachal Pradesh

TeleMANAS

Helpline: TeleMANAS
1-8008914416/ 14416

Nagaland

TeleMANAS

Helpline: TeleMANAS
1-8008914416/ 14416

Manipur

TeleMANAS

Helpline: 1-8008914416/ 14416

Mizoram

TeleMANAS

Helpline: 1-8008914416/ 14416

West Bengal

Lifeline Foundation

Helpline: 033 24637401,
033 24637432, 9088030303,
03340447437

Mon-Sun (10am-6pm)

NIBS Helpline

Helpline: +91-98364 01234,
+91-033 2286 5603
Mon-Fri (6pm-10pm)

Meghalaya

TeleMANAS

Helpline: TeleMANAS
1-8008914416/ 14416/ 14410

Tripura

Telemanas

Helpline: 1800-891-4416/ 14416
Suicide prevention
Helpline: 9863100639

Assam

Sarathi

Helpline: 104, Telemanasa
1-8008914416/ 14416 (24x7)

Sikkim

Suicide Prevention Helpline

Helpline: 221152, 18003453225
Telemanas
03592-202111, (24x7)

Odisha

Health Helpline

Helpline: 104, TeleMANAS
1-8008914416/ 14416 (24x7)

Mental health/ suicide helpline numbers across INDIA Available in HINDI, ENGLISH and MARATHI.

Name	Contact No.	Timing
Jeevan Aastha helpline (GJ)	1800-233-3330	(24x7)
Aasra	09820466726	
Vandravela foundation	+91 9999666555	(24x7)
Kiran mental health (govt)	1800-599-0019	(24x7)
One life foundation	7893078930	
Sumaitri	011-46018404	
Fortis stress helpline	91-8376804102	(24x7)
I-CALL Psychosocial helpline (Tiss)	022-25521111	10am- 8pm
Interventional bipolar foundation	91-8888817666	7am-9pm
National institute of behavioural sciences Kolkata	033-22865203	12pm- 8pm
CAN- Helper	09511948920	10am-6pm
Mann talks helpline (MH)	8686139139	9am- 6pm
The institute of mental health(IMH)	9154154092 044-26425585	
NIMHANS centre for well-being	08026685948 9480829670	

Disclaimer

- The information provided here is intended solely for informational purposes.
- The helpline numbers, the contact details have been aggregated from publicly available sources.
- They are a resource to facilitate access to mental health & suicide prevention support services.
- Please note that the accuracy & availability of helpline services listed is subjected to change without notice.
- The inclusion of any helpline does not constitute as endorsement or recommendation.
- This does not guarantee quality response and/or medical advice you may receive. It does not replace professional medical advice, diagnosis & treatment.
- If you know someone in crisis we suggest you to take immediate help from a qualified medical health professional.

