

MENTAL HEALTH HELPLINES AND SERVICES

S.No	Name	Website	Timings	Email	Phone Number
1	iCall	http://icallhelpline.org/	Monday to Saturday, 8 AM - 10 PM	icall@tiss.edu	937204850, 022-25521111
2	Fortis Exam Helpline		24 x 7		+918376804102
3	NIMHANS				080 46110007
4	BMC-Mpower 1on1	http://mpower1on1.abet.co.in/	24x7	info@mpowerminds.com	1800-120-820050
5	COOJ Mental Health Foundation	https://cooj.co.in/	3 AM - 7 PM, Monday - Saturday	youmatterbycooj@gmail.com	0832-2252525
6	Samaritans Mumbai	http://www.samaritansmumbai.com/	3 PM - 9 PM, Monday to Sunday	talk2samaritans@gmail.com	+91 84229 84528, +91 84229 84529, +84229 84530
7	Mansamvad		8 AM-11 PM		18001800018
8	Wysa	https://www.wysa.io/	24x7		
9	Covidav.com	https://covidav.com/		hello@covidav.com	
10	Vandrevala Foundation	https://www.vandrevalafoundation.com/	24x7	help@vandrevalafoundation.com	1860-266-2345
11	Parivarthan	https://parivarthan.org/	4 PM - 10 PM, Mon - Fri		080- 65333323
12	Sahai		10 AM- 8 PM Monday to Saturday	sahaihelpline@gmail.com	080-25497777
13	Sumaitri		2 PM- 10 PM Monday to Friday; 10 AM - 10 PM Saturday and Sunday	feelingsuicidal@sumaitri.net	011-23389090
14	Sneha	https://snehaindia.org/new/	8am-10 pm 24x7		044-24640050 (24 hours) 044-24640060 8 AM - 10 PM
15	Lifeline	https://lifelinefoundation.co.in/	10 AM - 6 PM	lifelinekolkata@gmail.com	033-24637401 033-24637432
16	Roshni	https://roshnitrusthyd.org/	11AM - 9 PM ,Monday-Saturday		6620 2001 +914066202000
17	Connecting...	http://connectingngo.org/	2 PM - 8 PM Monday-Saturday		1800-843-4353
18	The Banyan Academy	http://www.balm.in/	12 PM-8 PM		9677245567 9445842050
19	KIRAN: Mental Health		24x7		1800-599-0019

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Updated on 11 May 2021

Rehabilitation Helpline				
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MENTAL HEALTH SUPPORT GROUPS

1.	We hear you	Support group for those experiencing bereavement due to suicide.	http://wehearyou.org.in/	+91 8291 050 118
2.	The listening Circle	A non-hierarchical peer support group for mental health service users.	https://www.instagram.com/bhorfoundation/	trustbhor@gmail.com
3.	Sister Living Works	Prevention of suicide among women in India by raising community awareness, involvement, education, and advocacy.	https://sisterslivingworks.org/	
4	The Mind Clan	A list of support groups, group therapy and sharing spaces that cater to various communities and mental health needs across India.	https://themindclan.com/sharing_spaces/	

SUPPORT GROUPS AND COLLECTIVES FOR LGBTQIA

1	Orinam	While there is no WhatsApp group for Orinam, there is a FB group (secret) and page, and a closed mailing list. A sub-group of Orinam for trans, non-binary and gender-questioning people runs on WhatsApp, and is called Gender Euphoria . To learn about this, please contact orinamwebber@gmail.com http://orinam.net/resources-for/lgbt/	orinamwebber@gmail.com	leave a text message at +91 98415 57983.
2	The Bi Collective Delhi	The Bi-Collective Delhi is a voluntary support group	bicollectivedelhi@gmail.com	
3	Sappho		9831518320 all days from 12 pm to 8 pm (except Mondays).	
4	Ya'all	http://www.yaall.org/	6009038223	yaall.manipur@gmail.com
5	Nazariya QFRG	https://nazariyaqfrg.wordpress.com/	10 AM-6 PM	nazariya.qfrg@gmail.com

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Helplines For Domestic Violence Survivors

1	Swayam helplines	for women facing domestic/sexual violence	9830079448, 98302 04393, 98302 04322, 98307 37030, 98307 47030, Monday to Friday, 10 am - 6 pm daily.
2	Sakshi - violence intervention center		(0124) 2562336/ 5018873
3	Nari Raksha Samiti		(011) 23973949
4	Jagori	https://www.jagori.org/	(011) 26692700

Helplines and Support Groups For Mental Health During Covid-19

1	Sumunum	https://www.sumunum.com/	1800-123-786868 From 11am-11pm
2	Mann Talks	https://www.manntalks.org/	8686139139, Mon-Sun, 9am-6pm
3	Pallium India	https://palliumindia.org/	91 759 4052 605 or you can mail at sukhdukhhelpline@gmail.com
4	The Mind Clan	https://themindclan.com/	
5	The Cloud Support Group	https://thesilverlining.in/	Tuesdays, 6pm Saturdays, 6:30pm team@thesilverlining.in
6	The Silver Lining	https://thesilverlining.in/	Call: +919930332514 Email: support@thesilverlining.in
7	Co-WeCare	https://linktr.ee/cowecare2021	Monday-Saturday 9 am-10pm cowecare2021@gmail.com

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