

Name	Type of Service	Contact	Fees	Sliding Scale	Timings	Mode
Moonlight Foundation	Counseling	https://www.instagram.com/moonlight_foundation/ 8928585479(Whatsapp)	Rs. 350 per session	-	As per client	Whatsapp video or Zoom
Institute for the Advancement of Mental Health	Counseling	www.iamh.in 7827412263 https://www.instagram.com/iamh.india/	Rs. 450 - 1150	Yes	9 am to 9 pm, 7 days a week	Video call, audio call, text
Ariba Abbasi	Counseling	7982180473	Rs. 500	Yes	7pm to 10pm	Online
Reuben Mathew	Counseling	9638791324	Rs. 500 per session		weekends 10am to 6pm	Online
Sravya Nanda	Counseling I am also a yoga instructor and use art as a medium my sessions.	8520039200	Rs. 500-1000/session	Yes	Flexible	Email, phone, video
The Banyan Academy Smriti Vallath	Counseling	9677245567	Rs 1000-3000	Yes Discounts for students, those with income below 1lakh and those educated below 10th grade		
Priyanka Mansingka	Counseling	9819741694	Rs. 1000 per session		11am -2pm & 4pm to 7pm	Online (Zoom)
Ashita Adsare	Counseling	9833977707	Rs. 1000 per session	Yes	5pm to 11pm	Online
Shalaka Khare - Hike Through Life	Counseling	90284 93276	Rs. 1000	Yes	11am 7.30pm	Online
Sudha Shashwati	Counseling	7978866096	Rs. 1000	Yes		Video, In-person, Telephonic
Anindita Anand	Counseling	9873518364 https://www.instagram.com/mind_simplified/?igshid=12eo8d994fdmz	Rs. 1000-1500		3 pm to 6pm (and free group sessions on Sundays)	Offline and online (online during pandemic)
Syeda Lameeya Parween	Counseling	8133955728	Rs. 1200	No	10am - 5pm	(app/email/telephonic/video call, etc.) : Telephonic/Video calls
Tania G.	Counseling	g.tania100@gmail.com	Rs. 1200	800rs	4pm to 8pm	Online
Shiromi Chaturvedi	Counseling	7357693666	Rs. 1500 for first session and 1000rs for subsequent sessions	Yes	5pm - 8.30pm monday to friday	Online and offline
Sanskriti Singh	Counseling	9205118709	Rs. 1500 per session	Yes	12-8pm	Online and offline
Ana Khan.	Counseling	8657607196	Rs. 1500		11am to 7pm	Online and offline
Mind Mosaic /Arundhati K	Counseling & Psychotherapy	mindmosaicpvtltd@gmail.com	Rs. 1500	Yes	11 am to 7 pm	(app/email/telephonic/video call, etc.) : Email and telephone, Hangout text session
Snighdha Mishra	Counseling	7042444330 lifesurfers1@gmail.com lifesurfers.org	Rs. 1500	Rs. 300-500/session for students	Saturday and Friday first half for students	Online
Naina Shahri	Individual Counseling Services	therapywithnainashahri@gmail.com, Phone: 7738852413	Rs 1500	Yes	11AM,4:30PM,6PM	Phone and video sessions
Himani Kulkarni	Individual Counseling Services	chaubaramentalhealth@gmail.com	Rs 1200	Yes	Negotiable	Phone and video sessions
Rishi Talwar	Individual Psychotherapy	rishi@theflowingriver.net, Phone: 9311657771	Rs 1500	Yes	12-6 pm	Online (Zoom)
Nirali Mehta	Counseling	contactmindkniit@gmail.com, mindkniit.in . Phone: 8879046233	Students Rs750, Working Professionals 1100	No	As per availability	Zoom
Devika Kapoor	Individual Counseling Services	instrength@gmail.com, Phone: 9619046347 (Whatsapp/Telegram Only)	Rs 1500	Yes	Flexible	Phone and video sessions
Annabel George	Online Counseling	hopeinsight.in . Phone: 9967516507	Rs500 for Video, 350 for Audio	Yes	As per availability	Phone and video sessions
Neti Ranjan	Counseling	Email-saarthimhservice@gmail.com, Ph- 9372471769	Rs 1000	Yes	Tuesday - Sunday, 9am - 7pm	Online
Subikshadeepa Natarajan	Counseling	7010447981	Rs. 500 per session		8am to 8pm	Online
Pause for Perspective, Hyderabad	Counseling	9490708947 /8106864001	Rs. 800	Yes	9:00am to 6:00pm	
Swati Sharma	Counseling	732 757 5975/ 9819971019	Rs. 500	No		
Dinika Anand	Counseling	dinika_anand@hotmail.com Appointment to be schdueld via webiste- appointlet	Rs. 1200-1500	Yes	9am to 6pm	Video, In-person, Telephonic

Tanvi Seth	Counseling	caringmindconversations@gmail.com https://www.instagram.com/Caringmindconversations/	Rs. 1000	Rs. 750	4pm to 7pm	Video call
Kuntal Vora	Counseling	info.healingpath@gmail.com	Rs. 1100 per session.	yes	6 pm to 8 pm (Monday to Friday)	Online Video Call through Google Meet, Zoom.
Raksha Chauhan	Counseling	9820760936	Rs 500-800	Yes	Saturday & Sunday, 9am-12pm and 3pm-7pm	Online
Giselle Braggs	Counseling	8976725175	Rs 500-800	Yes	Saturdays 10am-12pm and 5pm-7pm	Online
Tangent Mental Health Initiative	Counseling	9840209980	Rs. 1000 - 100 per session	Yes	10am to 6pm	Online
Disclaimer: Sangath does not own, operate or control the helpline numbers or services listed on this document. These are for referral purposes only, and Sangath does not make any recommendations or guarantees regarding the quality of response and advice you might receive from the helplines. Updated on 11-June-2021						