

## **India**

### **Suicide Prevention**

[Sneha India](#) 24/7 helpline: 91 44 24640050

[AASRA](#) 24/7 helpline and directory: 91-9820466726

[Samaritans Mumbai](#) helpline for those who are stressed, distressed, depressed, or suicidal: +91 84229 84528, +91 84229 84529, or +91 84229 84530

[Jeevan Aastha Helpline](#) for mental health counseling: 1800 233 3330

[1Life](#) 24-7 suicide prevention and crisis support: 7893078930

### **Abuse and Domestic Violence**

[NCW Women's Helpline](#): 7827-170-170

[Operation Peacemaker](#) domestic violence help: Call 1800 212 9131 or text 9333 40 4141. If you're [the aggressor](#), call: +91 7207-545577

[SNEHA Crisis Helpline](#) for women and children: 98330 52684 or 91675 35765

[Save Indian Family](#) helpline for abused/distressed men: +91-8882 498 498

[Anti-Trafficking](#) helpline: 1800 419 8588

[Mahila Bol Helpline](#) for women: 0124-4007444

[Childline India](#) for children, teens, and adults concerned about them: 1098

### **Addiction**

[National Tobacco Quit Line Services](#) (NTQLS) – 1800 112 356

[National Toll Free Helpline](#) to assist those dependent on alcohol or drugs: 1800-11-0031

### **Bullying**

[Childline India](#) for children, teens, and adults concerned about them: 1098

[National Cyber Crime's helpline](#): 155260

[iCALL Helpline](#) for professional, free and LGBTQ-friendly mental health counseling: 9152987821

[Voice that Cares](#) Psychosocial First Aid (PSFA) Helpline: 8448-8448-45

[KIRAN](#) Ministry of Social Justice mental health helpline: 1800-599-0019

[Vandrevala Foundation](#) support for mental health: +1 256 666 2142 or +91 9999 666 555

[Mann Talks](#) to speak with a trained mental health professional: +91-8686139139

### **Grief and Loss**

[Sukh-Dukh Helpline](#) for bereavement and grief counselling: 759-405-2605

### **LGBTQ+**

[iCALL Helpline](#) for professional, free and LGBTQ-friendly mental health counseling: 9152987821

[Queerhythm](#) helpline for LGBTIQ community: +91 9747811406

[Naz Foundation](#) for Lesbian and Women Sexuality Support: +91 11 41325042 or +91 11 40793157/58

Or search [LGBTQ India Helplines](#) for regional numbers

### **Mental Health**

[KIRAN](#) Ministry of Social Justice mental health helpline: 1800-599-0019

[Vandrevala Foundation](#) support for mental health: +1 256 666 2142 or +91 9999 666 555

[Mann Talks](#) to speak with a trained mental health professional: +91-8686139139

[AASRA](#) 24/7 helpline and directory: 91-9820466726

[Samaritans Mumbai](#) helpline for those who are stressed, distressed, depressed, or suicidal: +91 84229 84528, +91 84229 84529, or +91 84229 84530

[The MINDS Foundation](#) for those experiencing mental health problems: 18005-477-200

[Jeevan Aastha Helpline](#) for mental health counseling: 1800 233 3330

[Childline India](#) for children, teens, and adults concerned about them: 1098

[iCALL Helpline](#) for professional and free mental health counseling: 9152987821

[Voice that Cares](#) Psychosocial First Aid (PSFA) Helpline: 8448-8448-45