

India:

Emergency: [112](tel:112) Suicide Hotline: [8888817666](tel:8888817666)

Helpline 1: 2549 7777

Website: WWW.MPA.ORG.IN

[ND Prana Lifeline](#)

Tell: 1800 121 203040

Chat: +91-8489512307

ND Prana Lifeline provides free, immediate support for everyone with topics including anxiety, depression, relationships and thoughts of suicide.

[Vandrevala Foundation crisis intervention helpline](#)

Tell: 9999-666-555

Chat: +1256662142

Vandrevala Foundation crisis intervention helpline provides 24/7 free and confidential support by phone, text, and online chat. We are here to help everyone in India who may be struggling or looking for support with abuse & domestic violence, anxiety, bullying, depression, eating & body image, family, gender & sexual identity, grief & loss, loneliness, parenting, relationships, school & work, self-harm, sexual abuse, stress, suicidal thoughts, trauma & PTSD. We are dedicated to preventing suicide. If you're contemplating suicide or you're worried about warning signs in someone else, please reach out to us for help.

[1 Life, Crisis Support, Suicide Prevention](#)

Tell: 78930-78930

Anybody who is experiencing an unbearable stressful condition, dangerous suicidal thoughts, deep depression, confused state of mind, negative attitude and loss of hope on life can call 1 Life helpline. We works voluntarily 24/7 to help callers with active listening and appropriate guidance and counselling. Our helpline is built on a solid foundation of experienced mental health professionals, trained tele counselors, and strong crisis support. If you are struggling today, we are here to take your call.

Languages: हिंदी English తెలుగు தமிழ் ಕನ್ನಡ മലയാളം ગુજરાતી मराठी पंजाबी
سنڌي भोजपुरी বাংলা

[Jeevan Aastha Helpline, Suicide prevention and Mental Health Counseling Helpline](#)

Call: 1800-233-3330

Jeevan Aastha Helpline is for suicide prevention and mental health counseling. The helpline seeks to empower people to overcome their mental health issues, have an insight into their utmost potential, utilize their strengths, and live a quality life. A helpline instilling hope in life.

[Lifeline Foundation](#)

Tell: 90888030303

Lifeline Foundation is a safe and confidential place where you can share your feelings without being judged. We provide emotional support to the distressed, depressed and suicidal. Our services are totally free. No personal details need to be divulged. No problem is too small to talk to us about. Languages: English, Hindi, Bengali.

[NIMHANS Psychosocial Support Helpline](#)

Tell: 080-4611 0007

[The Humsafar Trust, Equality, Inclusivity, Diversity](#)

Tell: +91-22-26673800

The Humsafar Trust, Equality, Inclusivity, Diversity offers free, compassionate and confidential support by phone. We are here for everyone, adults, youth, the LGBTQ+ community, women, men, parents in India who may require support with gender & sexual identity.

[Mann Talks](#)

Tell: 86861 39139

Mann Talks is dedicated to providing free and confidential support and information over phone. We exist to help people in India who may require support with anxiety, depression, school or work issues, stress.

[iCALL](#)

Tell: 915 298 7821

iCALL is dedicated to providing free and confidential support by phone. We are here for everyone, the LGBTQ+ community in India who may need emotional support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss,

loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

[Connecting NGO, Help Save A Life](#)

Tell: 9922004305

Connecting NGO, Help Save A Life is dedicated to providing free and confidential support and information over phone. We help everyone in India who may require support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.

[Snehi Helpline, Crisis intervention counselling support](#)

Tell: 9582208181

Snehi works with people primarily to promote positive mental health & wellbeing, to stunt mental disorders, to prevent psychosocial disorders & disabilities and to ensure human rights of people with psychosocial disabilities through in house counselling services for all age groups. Crisis Intervention Helpline and Support people in distress i.e., telephonic counselling.

[Kiran, 24/7 National Toll free Mental Health Rehabilitation Helpline](#)

Tell: 1800-599-0019

[MPower Mind Matters , 24/7 Mental Health Support Helpline](#)

Tell: 1800-120-820050

[CHILDLINE 1098](#)

Tell: 1098

CHILDLINE 1098 is the emergency helpline and crisis response service for children in need of care and protection. Any child or concerned adult acting on behalf of a child can call 1098 for emergency support, to report abuse or any other child rights violation. If a crisis response is required, a CHILDLINE team member will reach the child within 60 minutes to provide assistance.

[Parivarthan Counselling Helpline](#)

Call: +91-7676602602

Parivarthan Counselling Helpline (PCH) is a free telephone helpline that is serviced by trained counsellors to listen and help anyone in emotional distress. Languages available are English, Hindi, Kannada, Tamil, Telugu, Marathi, Bengali, Punjabi, and Hariyanvi.

[Sukh-Dukh helpline](#)

Call: 7594052605

The Sukh-Dukh helpline is a national level platform to address emotional distress, particularly in the context of the pandemic, and offers psychological first aid, grief and bereavement counselling and emotional support to persons across India. SDH is currently operational in 8 languages — Hindi, English, Telugu, Tamil, Kannada, Assamese, Bengali and Malayalam.

[Mahila Bol Helpline](#)

Tell: 0124-4007444

Mahila Bol Helpline offers free, compassionate and confidential support by phone. We are here to help women, men in India who may be struggling or looking for support with abuse & domestic violence, bullying, sexual abuse.

[National Commission for Women 24x7 Helpline](#)

Tell: 7827 710 710

A country-wide number for providing emergency response to women affected by violence.

[Manodarpan](#)

Tell: 844-844-0632

Manodarpan offers Psychosocial Support for Mental Health to monitor and promote the mental health issues and concerns of students and teachers and to facilitate providing of support to address the mental health and psychosocial aspects during conditions like COVID 19 and beyond.

[ALZHEIMER'S & RELATED DISORDERS SOCIETY OF INDIA \(ARDSI\)](#)

Tell: 98461 98471

Positive Parenting & Child Helpline

Tell: 1 800-532-2244

Free One Stop Solution Provider for all Parenting and Child related problems by a team of expert counselors and psychiatrist.

Suicide & Crisis Lines

ROSHNI

[\(+914\) 066202000](tel:+914066202000)

Someone is always there to listen at this Hyderabad-based suicide intervention center. The volunteers here are given intensive training so that they can help you deal with any emotional breakdowns. They are available from Monday to Saturday between 11am to 9pm.

Arpita Foundation

[+91 80 23655557](tel:+918023655557)

It is a non-profit organization located in Bangalore, Karnataka and provides professional guidance and counselling to callers from various parts of India to resolve personal and psychological problems.

COOJ Mental Health Foundation

[\(+918\) 322252525](tel:+918322252525)

Since 2013, this helpline has been aiding people to cope with all kinds of distress and are trained to recognize the warning signs. The helpline is operational between 3pm to 7pm on weekdays.

Sneha Foundation India

[\(914\) 424640050](tel:91424640050)

They're a 24X7 helpline that offers unconditional emotional support to the depressed, desperate and suicidal. They'll make sure you do not have to feel alone, no matter what your situation is.

Vandrevala Foundation

[\(186\) 02662345](tel:18602662345)

and [9999 666 555](tel:9999666555) Hours of operation – 24 × 7

All counsellors are postgraduate in psychology and full-time employees

Facilities– Tele counselling with a call back for missed calls, email, chat, webforms.,

social media connectivity, Soon WhatsApp counselling too
Language' s proficiency– Multilingual– Practically all Indian languages

Connecting

[\(919\)922001122](tel:(919)922001122)

Connecting... is a suicide prevention NGO for the youth. It aides young people through it' s programmes, seminars and of course the helpline itself. They are operational from 12pm – 8pm daily and they also have support for people who have lost close ones to suicide.

Samaritans Mumbai

[91 84229 84528](tel:918422984528)

Samaritans Mumbai is a helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal. Call our helpline numbers between 3 PM and 9 PM (all days) if you cannot cope, or are distressed and despairing or are suicidal.

Tata Institute of Social Sciences icall

[022-25521111](tel:022-25521111)

Telephone based counseling:(Monday to Saturday, 8 AM to 10 PM)

Aasra

[\(982\)0466726](tel:(982)0466726)

Telephone based counseling in English and Hindi

Sumaitri

[\(011\) 23389090](tel:(011)23389090)

Telephone based counseling in English and Hindi.(Monday–Friday: 2 pm–10 pm;
Saturday & Sunday: 10 am–10pm)

Voice That Cares

[8448-8448-45](tel:8448-8448-45)

Voice That Cares is a free public helpline that provides psychosocial counselling support on a wide range of mental health matters including anxiety, fear, panic attacks, guilt, grief, loneliness, anger, exam stress, pandemic induced psychological issues, stigma, etc. We also provide first aid support for people with suicidal tendencies, depressive disorders, substance abuse, obsessive–compulsive disorder

(OCD) and other mental health concerns. The primary expected outcome of the “Voice that Cares” initiative is to offer individuals an improved ability to manage their wellbeing and mental health. It may be noted that this helpline is not a substitute for medical advice or professional help.”

Alcohol & Substance Abuse

Aatman Health And Wellness

[91 9818122848](tel:919818122848)

People suffering from Substance Use Disorder (Addiction/Alcoholism) has a lot of woundedness. To heal the wounds and scars of addiction/alcoholism and individual has to connect with the inner self or Aatman. This is normally called a spiritual awakening in the 12 step program.

Bhumika Foundation Trust – Way to Serenity

[\(991\)1330555](tel:9911330555)

Bhumika Foundation Trust – Way to Serenity is a Drug and Alcohol Substance abuse Rehab and De-Addiction Center for Men, Women and Children. We help individuals, families and communities struggling with alcohol and drug addiction to transform their lives.

Shafa Home, Rohini

[+91-9810223987](tel:+919810223987)

SHAFA is the pioneer to use “Therapeutic Community” Model as a treatment modality for drug/ alcohol dependence. SHAFA is one of the few Centers in India which does not use any kind of mood altering substance for drug abuse treatment. Shafa Home believes in empowering residents. This is done through exercising, self-expression, volunteering, challenging the mind, comradely community work, meditating, and becoming in-tune with spiritual experience and expression.

The Counseling Institute

[011-26108134](tel:01126108134)

When a person is searching for deaddiction counseling, they are often in search for hope for a normal life. Our goal is to build that normal life back again through the TCI Intensive program. Discover how to resolve the conflict within the body and the mind. And restart your life NOW.

Tulasi Psychiatric & Rehabilitation Centre

[9891006875](tel:9891006875)

Tulasi Psychiatric & Rehabilitation Centre is a peaceful place focused on rehabilitating individuals with addiction and mental disease. Tulasi offers long term, short term, and out-patient care.

Domestic & Sexual Violence

Navjyoti India Foundation

[91 8800528880](tel:918800528880)

The Family Counseling Centre (FCC) addresses the issues of domestic violence, marital maladjustment, dowry harassment, property disputes, neighborhood disputes, pre-marital relationships etc. Free legal advice is also offered at the Centre. The services provided by the center, helps the community members to seek professional help for their problems.

SAMPARC Family Counseling Centre

[91 2114 282055](tel:912114282055)

SAMPARC Family Counselling Centre is recognized under Maharashtra State Women's Commission. The main aim of SAMPARC Family Counselling Centre at Malvali is to create awareness about Domestic Violence, Women's Rights & other issues related to women & their respective families.

Eating Disorders

[Central Region Eating Disorder Services \(CREDS\)](#)

[0800 745 477](tel:0800745477)

Call to get a referral to CREDS/CREDS services are available to those living in the Wellington, Manawatu-Wanganui, Hawke's Bay and Gisborne districts. We provide a range of treatment and support services for people with eating disorders, from dietetic support right through to residential care.

[EDANZ](#)

[0800 2 EDANZ](tel:08002EDANZ) or [\(09\) 522 2679](tel:095222679)

We're a registered charity run by volunteers, we all have personal experience in the

process of recovery from an eating disorder – either as parents, caregivers or recovered patients. Our focus is on improving the outcomes for people with eating disorders and their families. Alongside our education and support work, we also advocate for social and governmental change.

[Freedom with Food](#)

[0800456450](#)

The 0800 Family Violence Information Line can provide information and put you in touch with services in your own region. The phonenumber operates every day of the year and is open from 9am–11pm daily.

Gay & Lesbian (GLBTQ)

CREA

[91 1124377707](#)

Founded in 2000, CREA is a feminist human rights organization based in New Delhi, India. It is one of the few international women's rights organizations based in the global South, led by Southern feminists, which works at the grassroots, national, regional, and international levels. Together with partners from a diverse range of human rights movements and networks, CREA works to advance the rights of women and girls, and the sexual and reproductive freedoms of all people.

HUMRAHI

[2685-1970](#)

For gay and confused men. Issues relating to homosexuality, discussed in total anonymity with trained counsellors in Hindi or English. An organization for Gay and Bisexual men based in New Delhi (India), HUMRAHI was started in February 1997. Its main aim is to be a platform for discussing the needs of the gay and bisexual population of Delhi, to foster networking amongst gay men, and to create awareness about issues relevant to us. It has been working very closely with NAZ, a premier Delhi based sexual health and education NGO.

Sangama

[099 4560 1651](#)

Sangama a human rights organization, has a helpful list of LGBT support groups

across India on its website Sangama also runs 24-hour helplines for sexual minorities dealing with issues of harassment.

Sangini

[91 9717677152](tel:919717677152)

(Tuesdays and Fridays, 6 to 8pm) Sangini (India) Trust is an NGO based in New Delhi, India working for women attracted to women and individuals dealing with their gender identity (F to M). We provide 24/7 emergency response services to LBT individuals whose human rights are being violated.

Sexual Health / AIDS

ASHA Foundation

[23543333](tel:23543333)

(Monday to Fridays, 9am to 5pm) provides the following counseling services: – Telephone counseling – Responses to e-mail queries – Face-to-face counseling – Awareness Programs with iVolunteers .

HIV Testing and Counseling

[011-46037868](tel:01146037868)

Place where people living with AIDS and those who are at high-risk can receive free testing and counseling from our volunteers.

National AIDS Control Organization Department of Health & Family Welfare Government of India

[011-43509999](tel:01143509999)

Government program for helping people (adult / youth) infected with AIDS.