

Helpline Information

1) iCALL

iCall is a service from TISS, run by trained mental health professionals. iCALL provides emotional support, information and referral services to individuals in psycho-social distress, across the life span and across different gender and sexual identities.

www.icallhelpline.org

+919152987821

Email: icall@tiss.ac.in

Monday to Saturday, 10 am to 8 pm

2) Fortis Exam Helpline

+918376804102

The Fortis National Helpline number is for students or parents with queries related to stress, mental wellbeing, exam tips or even to consult a team of experts and behavioral psychologists. 9 am to 5 pm

3) Vandrevala Foundation

This organization is run by trained counsellors and is 24x7

[https://www.vandrevalafoundation.com](http://www.vandrevalafoundation.com)

4) Cooj Mental Health Foundation

This helpline offers emotional support individuals dealing with suicidal thoughts, as well as those experiencing other levels of distress. It is run by volunteers trained in Mindfulness Based Active Listening.

1 pm -7pm.

Monday – Saturday

6361612525

5) Parivarthan Counselling, Training and Research Centre

Providing multimodal services in the field of mental health, this Helpline is serviced by trained, professional counsellors.

1 pm - 10 pm, Monday - Friday

+917676602602

[https://parivarthan.org/counselling-helpline/](http://parivarthan.org/counselling-helpline/)

6) AASRA:

Working in the area of mental health, and providing emotional support AASRA offers a helpline service and walk-in center. The Helpline is answered by professionally trained volunteers who provide non-judgmental and non-critical listening.

www.aasra.info

24 HOURS

022 27546669

Email: aasrahelpline@yahoo.com

7) Sneha

A suicide prevention organisation that offers emotional support.

www.snehaindia.org

+9144-24640050 10 am-10pm on all days

Email: help@snehaindia.org

8) Samaritans Mumbai

They are run by trained volunteers and their special services include depression, suicide and stress. They are available on email, phone and in-person free services.

www.samaritansmumbai.org

Email: talk2samaritans@gmail.com

10) Connecting NGO. Pune.

It provides a listening space for those in distress or suicidal tendencies. The helpline is run by trained volunteers since last 10 years.

Email: distressmailconnecting@gmail.com

Ph -9922004305 | 9922001122

Timing - 12pm to 8pm everyday

11) Aks Foundation

Provides legal resources and counselling services to survivors of abuse. Also has a 24x7 crisis line

<https://aksfoundation.org/>

12) Mann Talks

Free mental health support and counselling

<https://www.manntalks.org/>