

MENTAL HEALTH HELPLINES AND SERVICES

S. No.	Name	Website	Timings	Email	Phone Number
1	NIMHANS	http://nimhans.ac.in/	24 x 7		080-46110007
2	NIMHANS CENTRE FOR WELL BEING	https://nimhans.ac.in/nimhans-centre-for-well-being/	9.00AM - 4.30PM Monday to Saturday (Except 2 nd Saturday)	wellbeing@nimhans.ac.in nimhans.wellbeing@gmail.com	080-26685948 9480829670
3	KIRAN: Mental Health		24x7		1800-599-0019
4	iCall	http://icallhelpline.org/	8AM-10PM Monday to Saturday	icall@tiss.edu	937204850, 022-25521111
5	Fortis Exam Helpline		24x7		+918376804102
6	BMC-Mpower1on1	http://mpower1on1.abet.co.in/	24x7	info@mpowerminds.com	1800-120-820050
7	COOJ Mental Health Foundation	https://cooj.co.in/	3AM-7PM Monday-Saturday	youmatterbycooj@gmail.com	0832-2252525
8	Samaritans Mumbai	http://www.samaritansmumbai.com/	3PM-9PM Monday to Sunday	talk2samaritans@gmail.com	+918422984528, +918422984529, +8422984530
9	Mansamvad		8AM - 11PM		18001800018
10	Vandrevala Foundation	https://www.vandrevalafoundation.com/	24x7	help@vandrevalafoundation.com	1860-266-2345
11	Parivarthan	https://parivarthan.org/	4PM-10PM, Monday to Friday		080-65333323
12	Sahai		10 AM- 8 PM Monday to Saturday	sahaihelpline@gmail.com	080-25497777
13	Sumaitri		2PM-10PM Monday to Friday; 10AM-10PM Saturday and Sunday	feelingsuicidal@sumaitri.net	011-23389090
14	Sneha	https://snehaindia.org/new/	8am-10 pm 24x7		044-24640050(24 hours) 044-24640060 8AM-10PM
15	Lifeline	https://lifelinefoundation.co.in/	10AM-6PM	lifelinekolkata@gmail.com	033-24637401 033-24637432

16	Roshni	https://roshnitrusthyd.org/	11AM-9PM Monday-Saturday		66202001 +914066202000
17	Connecting...	http://connectingngo.org/	2PM-8PM Monday to Saturday		1800-843-4353
18	The Banyan Academy	http://www.balm.in/	12PM-8PM		9677245567 9445842050

MENTAL HEALTH SUPPORT GROUPS

1.	Wehearyou	Support group for those experiencing bereavement due to suicide.	http://wehearyou.org.in/	+918291050118
2.	The listening Circle	Anon-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	<p>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, a non-binary and gender-questioning person run on WhatsApp, and is called Gender Euphoria.</p> <p>To learn about this, please contact orinamwebber@gmail.com</p> <p>http://orinam.net/resources-for/lgbt/</p>		orinamwebber@gmail.com	<p>Leave a text message at +919841557983.</p>
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2	The Bi Collective Delhi	The Bi-Collective Delhi is a voluntary support group		bicollectivedelhi@gmail.com	
3	Sappho		12PM to 8 PM All days (Except Mondays)		9831518320
4	Ya'all	http://www.yaall.org/		yaall.manipur@gmail.com	6009038223
5	NazariyaQFRG	https://nazariyaqfrg.wordpress.com/	10AM-6PM	nazariya.qfrg@gmail.com	

HELPLINES & 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 9AM - 6PM Monday - Sunday
3	Pallium India	https://palliumindia.org/	+917594052605 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-We Care	https://linktr.ee/cowecare2021	9AM - 10PM Monday to Saturday cowecare2021@gmail.com