

## NGOs

---

### NORTH

1. SUMAITRI is a Delhi based voluntary organization, which is running a crisis intervention centre for people who are depressed, distressed or feeling suicidal. It was launched in September 1988. All help offered by it is free and confidential, the anonymity of both callers and volunteers is maintained. Contact: 011-23389090 (Mon-Fri 2PM to 10PM and Sat-Sun 10AM to 10PM); [feelingsuicidal@sumaitri.net](mailto:feelingsuicidal@sumaitri.net). No undergoing project or workshop is disclosed as per the website.
2. Sanjivini Counsellors - Apart from counselling, they also help with raising funds for the organisation, organising workshops, and helping the society grow positively. Apart from running a crisis intervention centre, it also runs a rehabilitation centre for people who need more than just counselling. Contact: 011 2431 1918; 011 4109 2787; FB Page link - <https://www.facebook.com/SanjiviniSociety/>; Email - [sanjivini1971@gmail.com](mailto:sanjivini1971@gmail.com); Website: <https://sanjivinisociety.org/>; As per organisation's facebook page, it held workshops on Parenting Skills, Depression and Issues with Alcohol in past but has no upcoming events planned as of now.
3. MINDS NGO for Mental Health as already mentioned by Vaibhav has Offices pan India. It invites donation from general public. Important Links for connecting are – a. Email - [info@mindsfoundation.org](mailto:info@mindsfoundation.org); b. Facebook Page - [https://www.facebook.com/themindsfoundation/events/?ref=page\\_internal](https://www.facebook.com/themindsfoundation/events/?ref=page_internal); It organised events on Mental health, eliminating the stigma around FOMO, Unwrapping Your Personal Identity etc. in the Past. Though no future events are planned.
4. The Banyan Organisation (registered in Chennai) enables access to health and mental health for persons living in poverty and homelessness. It has various projects in operation like (a) Emergency Care and Recovery centre (ECRC) for providing Critical Services to Homeless women with mental illness since 1993. The care offered seeks to promote clinical, social, functional and personal recovery. Care is offered by a multidisciplinary team that is led by a case manager. (b) Shelter for Homeless Men with Psychological Needs run in collaboration with The Corporation of Chennai established in 2012 as part of the National Urban Livelihoods Mission (NULM). Residents are free to come and go as and when they please, allowing for a user-centric model of care. The volunteers conduct outreach programmes that inform homeless men in the Santhome, Mandaveli, Marina and Mylapore area of the many services the shelter offers. (c) Inpatient Clinic - The Health Centre houses 2 wards with 6 beds each that cater to the outpatient clients of the Rural Mental Health Programme who require short term admission to handle emergencies, test new modes of therapy, train caregivers on caring for their charges and provide respite in case of caregiver burnout. The Centre also provides a spectrum of services constituting rehabilitation, reintegration and aftercare as offered by the ECRC. Contact Details: ECRC: 9677121099; Shelter for Homeless Men: +91 (44) 24629002; Health Centre: +91(44)27472184; Facebook Page: <https://www.facebook.com/TheBanyanBALM/>
5. Manas Foundation - Non-Profit Organisation working with diverse communities of women, men, adolescents, and children. Manan embeds mental health seamlessly within health, education and residential homes for care and protection. Manan has special programs designed for Educational institutions, Programmes for Workplaces, Civil Society Organisations, Individual & Family Therapy, Mental Health Assessments. Tel: 011-41708517, Email: [foundation.manas@gmail.com](mailto:foundation.manas@gmail.com). Address: Mental Health and Social Service, S-62, Okhla Industrial Area Phase II, New Delhi; Website: <https://manas.org.in/>. Facebook Page: <https://www.facebook.com/ManasfoundationDelhi/>; Instagram Page: <https://www.instagram.com/manasfoundationdelhi/>

## EAST

PARIPURNATA HALF WAY HOME- Kolkata, West Bengal

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

Phone: +91 (33) 2432-9339 / 8824

Email: [paripurnata@gmail.com](mailto:paripurnata@gmail.com)

They take patients after treatment from hospitals and offer a halfway home for rehabilitation. They offer pharmacological/psychological therapy, occupational, socio-cultural and cognitive therapy.

They also carry out the following activities:

- Placement / Training
- Exposure visits of students from academic institutions
- Training of students from nursing colleges
- Organizing seminars / talks /workshops on mental health issues
- Observance of Mental Health Week
- Networking with peer groups and government agencies

MENTAL HEALTH FOUNDATION KOLKATA

PHONE: +91 33 4602 1085

EMAIL: [admin@mhfkolkata.com](mailto:admin@mhfkolkata.com)

<http://www.mhfkolkata.com/>

Programmes:

1. RACHSA: offer therapeutic support to anyone who has suffered from sexual abuse.
2. Narrative Therapy and Practices Training: Introduction, delving into the philosophy of Narrative Practices, skill training in the craft of asking questions and exploring Narrative “maps”. The faculty is from Ummeed, Mumbai, who, in turn are affiliated with Narrative Therapy Practices, Adelaide following the seminal traditions of Michael White and David Epston. The participants were persons who work in the context of mental health from Kolkata as well as from outside the city.

ANJALI in Kolkata, West Bengal

[anjalimhro.org](http://anjalimhro.org)

(033) 4004 5438 / (033) 4001 3385

[info@anjalimhro.org](mailto:info@anjalimhro.org)

Programmes:

1. Voices: based inside four government mental hospitals in West Bengal, namely, Calcutta Pavlov Hospital, Lumbini Park Mental Hospital, Behrampore Mental Hospital and Institute of Mental Care, Purulia. It aims for social re-integration of psychiatric patients after treatment, provision of livelihood training as well as other activities like music, dance etc. advocacy through government departments and hospitals.

2. ARC (Advocacy, Research and Campaign): ensuring absolute needs, i.e, basic human survival- water, food, shelter, sanitation, medical care. It focuses on relative needs. These include equal opportunities, well-being, equal status before the law, meaningful employment, social justice and human dignity.

3. Janamanas: its objectives are

- Creation of a community safety net for last mile communities to secure mental well-being for all, especially women.
- Building safe, informed and empathetic community spaces for the women, by the women that ensure the rights and wellbeing of persons living with psycho-social disability.

**GRATITUDE**, Jiwan in Kolkata, West Bengal

Tel: 91 33 4002 9300 (head office)

+91 33 2249 6507 (registered office)

E-mail: info@jiwan.com

Jiwanram Sheoduttrai Group has set up multiple projects under Gratitude, one of which caters towards mental disorders:

Antara: psychiatric hospital which provides pharmacological and psychological therapy, education and training related to mental disorders in schools and communities and satellite camps in rural areas.

**DWAR JINGKYRMEN** in Meghalaya

+91364 2221226

dwar\_jingkyrmen@rediffmail.com

It caters to children and young adults with Mental Retardation, Cerebral Palsy, Autism and Multiple Disabilities. It functions as a day-care centre, school for special education etc.

1. Services offered: Centre For Special Education
2. Pre Vocational Training Unit
3. Out Students Division
4. Unit For Autistic Spectrum Disorder
5. Home Based Rehabilitation Programme
6. Parent Involvement Programme
7. Respite Care Services
8. Referral Services
9. Awareness Programme
10. Stonyland Inclusive School for Pre Nursery, Nursery and Kindergarten
11. Human Resource Development

## SEVAC- Sane and Enthusiast Volunteers' Association of Calcutta

SEVAC came into existence in the year 1988 with a strong determination for rendering dedicated service to the mentally ill people and other vulnerable groups who are prone to mental health impairment and human rights violation.

<http://www.sevacmentalhealthcare.org>

## Turning point

TURNING POINT is a voluntary Non Governmental Organization (engaged in Mental Rehabilitation in a Day-Care Center

033-24123660/ 24071753

<http://www.turningpoint.org>

## Ekjut-

Ekjut is a non profit voluntary organization of India. Ekjut's partnering communities are the indigenous people, people living in the underserved districts and the urban homeless. Ekjut works on the theme of Survive, Blossom, Thrive and Transform.

Jharkhand :Phone: +91(06587)239625 Mob: 09931546260

E-mail: [nirmala.ekjut@gmail.com](mailto:nirmala.ekjut@gmail.com)

Website: [www.ekjutindia.org](http://www.ekjutindia.org)

Ranchi Office: Phone: 0651- 2243105 ,Mob: +91 9934155959.E-mail: [rajkumar.ekjut@gmail.com](mailto:rajkumar.ekjut@gmail.com)

Odisha: Mob: 09437229651E-mail: [shibanand.ekjut@gmail.com](mailto:shibanand.ekjut@gmail.com)

## SOUTH

Youngistaan Foundation ( receive donations through [giveindia.org](http://giveindia.org))

Youngistaan Foundation, a multi-award winning NGO based in Hyderabad, built on a volunteer-driven model of social change, organizes young, socially aware, citizens to help undeserved communities transform their daily lives. Registered in January 2014, Youngistaan Foundation spearheads multiple programs that make meaningful interventions, targeting the intersecting nexus of poverty, homelessness & hunger, physical and psychological distress, educational inequality, gender disparity, and cruelty towards animals.

## OUR VISION

To open up pertinent dialogues on social issues, conduct impactful grassroots operations, and incubate young adult leadership.

## OUR MISSION

- **Engage:** Provide a Platform and hands-on training to Youth, and partner with corporate, social entrepreneurs, and government bodies for united action.
- **Empathize:** Build authentic Connections with Undeserved communities & beneficiaries.
- **Empower:** Enable Youth and Communities to work together to transform lives.

+919100142224, heroes@youngistaanfoundation.org

## **CIMR**

Father Felix of CIMR has been a flag bearer of this concept for more than 50 years. It is based on the use of alternate sensory perception to reach the cognitive abilities of individuals who are on a different scale of intellectual ability than the statistical average. Some might call it rehabilitation for the mentally challenged, but Father Felix believes it is creating an environment for all individuals to flourish in the society.

At CIMR, the focus is on acquiring life skills that provide independence in the society rather than academic prowess. CIMR aims to create self-reliance and self-sufficiency for all individuals irrespective of psychosocial disabilities or learning difficulties. To achieve this, the methodology that is used is called the 3C's Concept. It aspires to instil creativity, comprehension & competence. The methodology involves the use of day-to-day concepts like recognizing and using written language, transacting by understanding exchange of money for materials, basic cooking skills, fine mortar skills like carpentry, masonry, mechanics, horse riding, agricultural skills and other forms of arts & sports.

This rehabilitation method has today touched the lives of more than 50000 individuals and has about 1000 fully independent individuals leading the lives that most of us take for granted. They earn for themselves and their families, bear healthy children & provide for their future, and contribute to their local and national economy.

Being a top NGO in India, and in Kerala, CIMR has been able to conduct several camps across the country. Thanks to the benevolence of individuals, corporations and organizations in Kerala that donate to charity foundations, CIMR has been able to sustain by itself for about 4 decades.

**Wayanad Girijana Seva Trust** works towards re-schooling school drop-outs among the children from the impoverished tribal (Aboriginal) communities in Wayanad district of Kerala India.

Mattilayam P.O. Vellamunda (Via), Wayanad Dist. 670731 Kerala

The school is located in Mattilayam, one of the most backward and the most remote areas having a sizable tribal community population. It was started with a view to contributing to the education process on re-schooling school drop-outs and simultaneously giving them vocational training. The organization runs a residential tribal Vidyalaya where children from depressing backgrounds with alcoholic parents are sheltered and provided with all needs free-of-cost.

Mr. Baburaj, the Chairman hails from an orthodox family. He leads a simple life and has been serving this tribal community for 20 years. A graduate in commerce, he left his job at Mumbai to dedicate all his time to serve these people. According to him, this service is a dedication to God as these children are God's own.

### **SUPPORTERS LIST**

Ammucare is a platform for selfless service for uplifting the helpless and needy. Also, the mission of Ammucare is to empower generations beyond the boundaries of caste, creed, communities, cultures, colours, religion and deliver stability, hope and well-being. Through all the projects or seva activities, ACT is selflessly committed to social service in India.

Our core areas of activity include the following:

- Mohan Ji Ka Aangan (Learning centre for 120 underprivileged children in Jammu, Pune and Delhi)
- Blood Donations for Thalassemia patients
- Blanket distribution
- Skill and empowerment workshop
- Supporting specially challenged children
- Act to stop hunger, feeding the poor on the street
- Act fast act now, relief operations, disaster management
- Supporting underprivileged by providing basic needs
- Sponsoring education & health care to needy
- ACT for Art - supporting artist and dying art forms

### **Differently Abled**

Kerala

X:584-B, Puthiya Road, Kureekkad, Ernakulam 682305 Kerala

With a mission to provide rehabilitation measures, Adarsh Foundation was started in the year 1998 in Kerala and is currently under the chairmanship of Shri. K P Padmakumar. Its dedication to its mission helped identify hundreds of children with disabilities from their birth.

The foundation has 3 centers with 15 physiotherapists and 18 special educators. Apart from that, it caters to about 55% children who are below 3 years and fall below the poverty line. Adarsh foundation has a full-time staff, special educators, and physiotherapists who work with equal dedication in taking the foundation closer to its mission day by day.

It has gone beyond in reaching out to those who need their support and help.

Till date, with the support from the foundation, more than 200 children have been able to sculpt their way into the mainstream. Adarsh foundation has a staunch belief that rehabilitation is possible and disability can be specifically identified and treated with appropriate therapy and training. This makes it an institute of excellence in the rehabilitation of children with challenges.

#### Akanksha Public Charitable Trust

Akanksha was born when a group of friends started volunteering on weekends at public hospitals and homes for destitute children and women in Chennai in 1998.

Akanksha Public Charitable Trust was created on July 15, 2000 in Chennai, Tamilnadu and was registered soon after when some of its volunteers decided to devote more time and energy to Akanksha to make it their primary work.

Akanksha works to learn along with and support individuals caught up in life's unfortunate circumstances.

The Chairman of Akanksha Public Charitable Trust, KhodadadMoradian has more than three decades of experience in business and financial consulting. DrOswinThayal, a senior pulmonologist and medical diagnostics entrepreneur is a trustee and was the Chairman of the Trust for a decade since its inception. Prayaag Joshi, currently a teacher and an erstwhile tax advisor is the executive arm of the board of trustees. He works full time on the activities of the trust.

The three trustees work together in a spirit of camaraderie and determine the work of the trust increasingly in consultation with its many beneficiaries who are still very young people.

The trust works with individuals through collaborative initiatives in areas of education, health, livelihoods, culture and ecology especially engaging with the old, the young and women.

Helpine- tel:91 44 24403447

### Amar SevaSangam

Amar SevaSangam was established to help differently-abled and underprivileged children. Their mission is to empower disabled citizens by rehabilitating them and integrating them into mainstream society. They have a home for rehabilitated physically challenged people that provides free shelter, food, clothing, medical aid, and appliances. Around 50 children with loco-motor disability and associated problems are attended to and provided with special medical care.

The school for specially-abled children, Sangamam, provides free education. In Village-based rehabilitation, differently abled people, as well as communities, are involved in the rehabilitation process. They are organized into Self Help Groups for their development and get access to different government schemes. Early Intervention Center aims to intervene as early as possible and minimize disability so that the child can reach the highest potential. They cater to the needs of the children under 5 years. 30 Special children have been served so far, out of which 8 have been mainstreamed.

Amar Foundation is a trust, with a mission to generate employment for the rural poor and handicapped. They have 65 employees of which around 25 are specially-abled. Sri S. Ramakrishnan, the founder was awarded the Amazing Indians Award for his extraordinary work and selfless devotion.

Phone : [+91 4633 249170](tel:+914633249170)

Email : [secretary.amar@amarserve.org](mailto:secretary.amar@amarserve.org)

### Annai Charitable & educational Trust

The vision of the organisation is to work towards empowerment of the less privileged, oppressed and deprived women and children, youth, artisans, landless, unorganized and migrant labourers, and the farming community through a process of organization and participation.

The organisation came into existence with the hard work of like-minded individuals headed by Mr. Joseph Xavier and Mrs. AmalaNayagi who had the passion to render services to the underprivileged, oppressed, women, children and differently abled in the most backward areas of Ponnamaravathi Taluk, Pudukottai District. It is a charitable, non-profit, non-political, non-communal organization, committed to the objectives of Annai Charitable and educational Trust.

Mr. Joseph Xavier is the Founder of this Trust. He has completed his Diploma in Civil Engineering and is a Civil Contractor by profession. He has put all his earnings to promote Annai Charitable and educational Trust to mould the young ones as the modern architects since he believes in the statement of Steven Covey that, "Empowerment is the fire ignited within the person that unleashes their talents, ingenuity, and creativity to do whatever is necessary with the principles agreed upon to accomplish common values, vision and mission."

Phone : [+91 4333 247537](tel:+914333247537)

Email : [annaicharitableandedutrust@gmail.com](mailto:annaicharitableandedutrust@gmail.com)

Rotaract Bangalore West Sponsored by Rotary Bangalore West are an organisation who bring together people aged 18-30 to exchange ideas with leaders in the community , develop leadership ,professional skills and indulge in self development through service and fellowship.

We have mentioned few of our projects below:

- 1) Red Wave- is an initiative taken by our club to spread awareness about Menstruation and taking a step forward to “Break the Silence “ about Menstruation .
- 2) Food drive- We , Rotaractors cook food for about 200 people and Gift a meal to people who are in need .
- 3) Grand Friend -We celebrate this project on friendship day where we visit an old age home and spend an entire day with them .

We have also conducted First Aid, NID and CPR training sessions .

These are few of our projects out of 40+ projects .

For more details about Rotaract and Rotary , visit - [rotary.org](http://rotary.org)

Contact Details:

Rtr Chethan Krishan G R  
+919483517070  
President | RIY 2020- 21

Rtr Diya S Bangera  
+919591500228  
Secretary | RIY 2020- 21

## WEST

1. **Aasra** is a crisis intervention centre for the lonely, distressed and suicidal. Aasra functions as a unit of Befrienders Worldwide/Samaritans and is a non-religious, non-political and non-sectarian organization, registered as a Public Charity under the Bombay Charity Act, 1960 AASRA volunteers conduct workshops on different levels with high-risk target groups eg school, college students, highly-stressed employees of call centers, financial institutions, multinationals etc

24x7 Helpline: +91-9820466726

2. ."**Antarman**" is a mental health welfare organisation. At Antarman our focus is to provide the highest quality of Mental health care and provide a safe space for individuals for self exploration.

Sunteck Kanaka- Patto Plaza, (401-B, 4th Floor – B wing), Panaji

Ph: 7028784807, 0832-2437079

Tues & Thurs: 10 am – 1pm

Tues & Sat: 3 -7 pm

**3. COOJ :** COOJ Mental Health Foundation is a Bastora , Goa based registered charitable trust whose aim is to promote mental health.

Contact Details

H. No. 7A-738, Mano Shanti, Boa Vista, Bastora, Bardez - Goa 403507

9822562522

[coojtrust@yahoo.co.in](mailto:coojtrust@yahoo.co.in)

**4. The Live Love Laugh Foundation** was founded in 2015 by Deepika Padukone.

TLLLF aims to reduce the stigma, spread awareness and change the way we look at Mental Health. This is a platform where anyone seeking help can find comprehensive knowledge, connect with professionals, and find comfort knowing that they're not alone.

[info@thelivelovelaughfoundation.org](mailto:info@thelivelovelaughfoundation.org)

**5. Manav Foundation:**

Headquartered in Mumbai

The Manav Counselling Centre addresses the Mental Health needs of those adults who may not be ill but who have temporarily compromised mental and emotional health

Phone : +918097083518 (10 am - 6 pm)

Email: [info@manavfoundation.org.in](mailto:info@manavfoundation.org.in)

**6. The MINDS Foundation** understands that mental illness is a highly stigmatised and deeply personal health issue and they are committed to a bottom-up, grassroots approach based on education, front-line health worker empowerment, partnerships with local communities, health workers and other stake holders.

The MINDS Foundation has multiple offices in India based in Mumbai, Vadodara, Bhavnagar, and Nizamabad. The MINDS Foundation Vadodara

A 202, Mayfair Meridien, Lane 2, Vasant Vihar, Opp Vedant Bungalows, Vasna Bhayali Road, Vadodara 391410, Gujarat

Phone: +91-903-383-7227

The MINDS Foundation Bhavnagar

Mailing Address: C/o, Panchwati Industries, 222 Krushnadarshan Complex, Parimal Chawk, Second Floor, Waghawadi Road, Bhavnagar 364002 Gujarat

Phone: +91-903-383-7227

**7. The Mindroot Foundation** (“TMF”) is in the exclusive business of spreading awareness about mental health problems and substance use disorders and to address the stigma associated with them. They have various initiatives for different target groups - Eg:

School mental health program

Marathon for mental health

The mindroot foundation psychiatric award

Seminars and signature campaigns for mental health awareness.

Telephone :+91-9352572799

Email :[mindrootfoundation@gmail.com](mailto:mindrootfoundation@gmail.com)

Address :Plot No-798, Near Ram Mandir, Mahaveer Nagar, Jaipur, Rajasthan-302018

## **8. Mpower Foundation :**

<https://www.mpowerminds.com/>

It's almost same as Talk aloud on a larger scale and professional services. Mostly mumbai based. Founded by Birla group.

Call to speak to a mental health professional on : 1800120820050

### **MPOWER – THE CENTRE**

At Mpower – The Centre, we provide holistic mental health care solutions to children, adolescents, young people and their families.

### **MPOWER - THE FOUNDATION**

Mpower - The Foundation provides quality mental health care to all individuals, by empowering people living with psychosocial difficulties to lead meaningful lives, without social exclusion.

### **MPOWER – THE CELL**

The Mpower Cell aims at working with the students of BITS Pilani - Goa, on providing care to those individuals with mental health concerns & facilitate recovery, without facing discrimination or shame, whilst simultaneously bringing change to policy.

## **9. National Association for the Mentally Ill (NAMI) – INDIA**

– INDIA is a NGO whose primary objective is to eradicate the stigma associated with mental illness in the society and to make the treatment and medication available to all sections of society

Phn no- 9004849550

<http://www.namiindia.in>

## **10. NISHKAM FOUNDATION**

Nishkam Foundation is a non-profit non-governmental organization (NGO) working in the field of Mental Health and Drug Abuse. Working on a mission to empower and enable the community for promotion and restoration of mental health

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

### **CONTACT**

#### **Central Office**

Nishkam Foundation

888, Saraswati Vihar, M.G. Road, GURGAON, (Haryana) PIN 122002

Ph.91-124-2358770

Email: [contact@nishkamfoundation.org](mailto:contact@nishkamfoundation.org)

Website: [www.nishkamfoundation.org](http://www.nishkamfoundation.org)

#### **Field Office**

Nishkam Sewa Samiti

566/2, Ward No. 13 (Jain Sabha Wali Gali) SANGARIA, Distt. Hanumangarh, Rajasthan-335063

Ph.91-1499-25 1801

Email: [nss\\_sgra@nishkamfoundation.org](mailto:nss_sgra@nishkamfoundation.org)

Website: [www.nishkamfoundation.org](http://www.nishkamfoundation.org)

Helpline: 91-1499-25 1801

Fri-Sat 6.00-8.00pm

Emergency contact for volunteers and registered patients only.

### **Key Contacts**

Mr. Mahavir Goswami: +91-9829251552  
Sh. Mahant Madhodas Udaseen: +91-9828293538  
Mr. Ravinder Poonia: +91-9414481384  
Mr. Vijay Singh Bawa: +91-9829969845  
Mr. Mahaveer Gujjar: +91-9414959206

11. **Parivartan Trust** is a community based non-government organization working in the field of addiction and mental health in India.

-In the last few years, the Parivaratan Trust has been involved in developing mental health programs like the INCENSE( focused on addressing the unmet treatment, social, economic and citizenship needs of highly vulnerable groups) and JAN MAN SWASTHYA (community based mental health services at seven different sites in India through a hub and spokes arrangement)

Address:

Parivartan Trust, Behind Civil Hospital,  
Sadar Bazaar, Satara – 415001, India

Email:

[parivartan.incense@gmail.com](mailto:parivartan.incense@gmail.com)

Telephone:

+91 (2162)-227307 / +91 (020) 60124400

12. **Sangath** : non-governmental, not-for-profit organisation committed to improving health across the life span by empowering existing community resources to provide appropriate physical, psychological and social therapies. Its primary focus areas include child development, adolescent and youth health, and adult health and chronic disease.

Based in GOA:Started in 1996 by seven professionals in Goa, Sangath developed a vision to provide professional healthcare services for developmental disabilities and mental health problems.

Programme launched : "Young Lives Matter " It is a 5-year project (April 2017- March 2022) funded by the Wellcome Trust/ DBT India Alliance to investigate the risk and protective actions for suicide among young people between 15-29 years of age in India.

13. **Saath** is a voluntary organization, which was started in Ahmedabad on 27th November, 1998. It is a non-religious, non-political organization that values human life and feelings.Saath's primary concern is prevention of suicide. It deals with people who are suicidal and are caught in a conflict between the will to live and an urge to die

12, 1 st Floor Nilamber Complex,  
H.L. Commerce College Road, Navrangpura,  
Ahmedabad -380009  
[saath12@yahoo.com](mailto:saath12@yahoo.com)  
+91 79 26305544,26300222

14. **Schizophrenia Awareness Association (SAA)**

<https://schizophrenia.org.in/>

Schizophrenia Awareness Association (SAA) is a not for profit organisation based in the city of Pune, in Maharashtra State, working since 1997 for persons with mental illness and their families. SAA is run and managed by user survivors, family caregivers and volunteers jointly and is away from proprietary style of functioning.SAA's work is mainly to create awareness

and to remove the stigma about schizophrenia and other mental disorders in the community, to promote Self Help Group Activities among persons with mental disorders and their family care givers.

SAA promoted Self-Help Support Groups in Pune

Kamalini Kruti Bhavan, Lane No. 30 & 31, Dhayari, Pune 411041. Contact persons: Milinda Bhalerao-020-64700920, Kadambari Kulkarni-9420861795

Late K.N.Bhide Ayurved Sanstha, 1278, Sadashiv Peth, Nava Vishnu Chowk, Bajirao Road, Pune: Contact person: Smita Godse-9225575432

CONTACT

Kamalini Kruti Bhawan

14, Ganesh Nagar, Lane No B 30-31

Dhayari Road Pune Maharashtra 411041 India

020-24391202

[schizpune@gmail.com](mailto:schizpune@gmail.com)

15. **Sehat Foundation'** is an initiative started in September 2016 by motivated and driven budding doctors with an aim to provide good and better health opportunities, awareness and treatments to people who actually need it the most.

11-12, New Ashok Nagar

Kharakhua Colony

Shobhagpura 100ft. Road

Udaipur (Rajasthan)

+91 8078600379

+91 7014812249

[foundationsehat@gmail.com](mailto:foundationsehat@gmail.com)

16. **Singing Soulz**

<https://singingsoulz.com/>

Singing Soulz Holistic Solutions is the creative force at work which releases all the restrictive emotional patterns and nourishes one's existence with unbounded and effortless living; uplifting the very nature of life which is feminine and creative. Life is effortless and unbounded, what stops one in living this effortless unboundedness is "you." Our work is to help you meet the real "YOU".

[info@singingsoulz.com](mailto:info@singingsoulz.com)

+91 9892003868

Singing-Soulz Holistic Solutions 1002, Sai Vihar Chs, Kopra Sec-10, Kharghar, Navi-Mumbai 410210

Services provided

Counselling

When one feels demotivated, depressed, stressed or that their Life is going nowhere.

Counselling can help anyone from a child to an old age person

Healing

Healing includes Reiki Energy Healing, Access Bars and Theta Healing , Lamafera Healing, Angelic Healing and Many More

17. **The Tata Trusts** launched their mental health initiatives in 2011 in order to provide critical momentum to mental health action in the country, and to significantly reduce the burden of mental illness. The main goals of this intervention are to:

- Improve access to quality mental health services
- Raise awareness and knowledge of mental health issues among the target population
- Increase the number of trained mental health service providers across new geographies
- Facilitate enhanced financial investment in mental health from external sources

#### REGISTERED OFFICE

Bombay House, 24, Homi Mody Street,  
Mumbai 400 001, India

+91 - 22 - 6665 8282

+91 - 22 - 6665 8013

[talktous@tatatrusts.org](mailto:talktous@tatatrusts.org)

#### 18. **Vandrevala Foundation**

The Vandrevala Foundation is a non-profit organisation that aims to provide significant funding and aid contributions for those suffering from mental health problems and illnesses in India.

<https://www.vandrevalafoundation.com/>

#### DOMESTIC SPECIAL HELPLINE NUMBER

1860 2662 345

This is a partially paid number, and users with unlimited plans may face connectivity issues

#### DOMESTIC & INTERNATIONAL HELPLINE NUMBER

+91 730 459 9836 +91 730 459 9837

Standard national and international call charges will apply.

The Vandrevala Foundation, whose charitable activities include mental health care, has submitted a plan to the Maharashtra government to improve services in mental health institutions in the state.

A 24-7 Mental Health helpline to aid patients, their relatives and others struggling with mental health problems. The Helpline currently operates Pan India. Advice and assistance is available in Hindi, Marathi, Gujarati and English.

A 24-7 counselling centre with face-to-face treatment for those suffering with mental health problems and illnesses in Mumbai.

Support in restructuring the Thane Mental Hospital, which has the capacity of supporting 1,856 people in its beds.

---

#### HELPLINES

#### NORTH

1. Aasra Ngo - Volunteers conduct workshops on different levels with high-risk target groups eg school, college students, highly-stressed employees of call centers, financial institutions, multinationals etc.

24x7 Helpline: +91-9820466726 for emotional crisis situations, mental illness issues, and suicidal ideation. Families undergoing trauma after suicide of a loved one are also helped.

2. The Fortis 24x7 Stress Helpline number is for students and/or parents who may have queries related to stress, mental well-being related to exams and academics. A team of mental health specialists, who can converse in English as well as regional Indian languages, from the hospital, will be there to help out. Email - [mentalhealth@fortishealthcare.com](mailto:mentalhealth@fortishealthcare.com).

Helpline Number: +9183768 04102

3. iCall is an email and telephone-based counselling service run by Tata Institute of Social Sciences and they offer free services with the help of a team of qualified and trained mental health professionals. They are available Monday to Saturday between 8 am and 10 pm. Helpline Number: +91 22 2552111 and +91 91529 87821

4. The Vandrevala Foundation is an NPO and they are around-the-clock trained counsellors. Apart from their 24x7 helpline number, one can also email them on [help@vandrevalafoundation.com](mailto:help@vandrevalafoundation.com).  
Helpline Number: +91 730 459 9836, +91 730 459 9837, and 1860 2662 345

5. National Suicide Prevention Helpline - 1-800-273-8255

6. Sanjivini Society - Free of cost volunteer run organisation since past 40 years. Monday to Friday: 10pm.to 5.30 pm. +911124311918

7. Mitram Foundation

Mitram Foundation is a suicide prevention helpline that aims to offer emotional support to those going through a crisis in their lives, especially the distressed, depressed and suicidal.

Website: [www.mitramfoundation.org](http://www.mitramfoundation.org); Helpline 1: : 080-2572-2573 | 10:00 AM - 02:00 PM | Monday to Saturday; Email: [share@mitramfoundation.org](mailto:share@mitramfoundation.org); Proficient with: English, हिंदी

8. Arpita Suicide Prevention Helpline is one of the services of Arpita Foundation, started in 2019. Operating at Ramaiah Hospital with 24 Volunteers from 10.00 AM to 01.00 PM, some of Volunteers have been Counselling for the Past 18 years. Periodic Training in Mental Health is provided by Professional in this field and Doctors at the Hospital. Arpita has dedicated its Services free of cost. If Callers prefer Face to Face counselling, then they are referred to the Doctors at the Hospital for consultation, Treatment and further followed with counselling. Helpline: 080 23655557 | 10:00 AM - 05:00 PM | Monday to Sunday. Proficient with: English, हिंदी, ಉತ್ತರ ಅವೃಗಳನ್ನು, ತಮಿಂಡಿ, ತೆಲುಗು, ಮಲಯಾಳಿ, Konkani, Assamese, ગુજરાતી, বাঙালি

Email: [arpita.helpline@gmail.com](mailto:arpita.helpline@gmail.com)

## EAST

- National Institute of Behavioural Sciences (Kolkata): 98364 01234  
91.33.2286 5603 during 6 and 10 pm on Monday through Friday
- LIFELINE FOUNDATION ( KOLKATA ) : 033-24637401 , 033-24637432 10am to 6pm , Monday to Sunday
- Jeevan Suicide Prevention Helpline ( Jamshedpur ) : 0657-6453841 , 0657-6555555  
10am to 6pm daily

Mental health care support for COVID

In Assam: 6026901053/54/55 – 9am-3pm

6026901056/57/58 – 3pm-9pm

For corona warriors, by GPRF: +91 92054 67567 and available 22 hours a day from 4 am to 2 am.

In Orissa for college students: 08046801010

In Jharkhand: 9801114493 or 9801133966 between noon and 5pm

## **SOUTH**

### **SAHAI**

SAHAI helpline is active from Monday to Saturday between 10 am to 6 pm. It is a Bengaluru based non-profit organisation that takes distressed calls from people who have suicidal thoughts and are unable to deal with their mental health disorders. (Helpline number: 080 25497777)

### **Vandrevala Foundation**

The foundation provides support and advice to empower all Indians affected by symptoms of mental health. People calling the foundation are helped by trained counsellors. The foundation works to spread awareness, provide access to mental health care, and advocates for better policies. (24x7 helpline: 1860 2662 345, 1800 2333 330)

### **Sneha**

Sneha is a suicide prevention organisation based in India. It offers support to anyone feeling distressed, depressed or suicidal. The helpline is active on all days and people can walk in for help at their office. The foundation also accepts volunteers who are above 20 years of age, living in Chennai and have knowledge of Tamil. (24 x 7 helpline: +91 44 24640050)

### **Connecting ... NGO**

Connecting NGO is a listening service that works to support people in emotional distress and/or those who are feeling suicidal. They aim to create a safe space where people can talk about their feelings of emotional pain and distress including suicide. The helpline is open from 12 pm to 8 pm on all days. You can write to them at [distressmailsconnecting@gmail.com](mailto:distressmailsconnecting@gmail.com) to seek help over email. (Helpline number: 1800 843 4353/ +91 99220 01122)

### **Parivarthan**

The Bangalore-based counselling centre has a dedicated helpline number where one can call in and get connected to professional & trained counsellors who can converse in English, Kannada, and Tamil. The helpline number is open from 1 pm to 10 pm, Monday through

Friday. Online counselling sessions are also available should one need it. You can email them at parivarthanblr@gmail.com.

*Helpline Number:* +91 76766 02602

### **iCall**

iCall is an email and telephone-based counselling service run by Tata Institute of Social Sciences and they offer free services with the help of a team of qualified and trained mental health professionals. They are available Monday to Saturday between 8 am and 10 pm.

*Helpline Number:* +91 22 2552111 and +91 91529 87821

### **One Life (based in Hyderabad)**

OneLife is a Not for profit helpline to address the suicidal tendencies of people who have given up on life, due to multitude problems.

We help people of all age groups to overcome suicidal tendencies caused due to broken marriages, ill-health and chronic diseases, examination, love failure, financial, legal issues, and fear of social sanctions and cultural norms.

Email : onelifehelpline@hotmail.com

Website : [www.1life.org.in](http://www.1life.org.in)

Call our helpline number 78930 78930

### **Hope Trust India (Hyderabad)**

Hope Trust India focuses mainly on recovery from addiction. But they do provide cognitive behavioural therapy for anxiety and depression for outpatients.

Email: [INFO@HOPETRUSTINDIA.COM](mailto:INFO@HOPETRUSTINDIA.COM)

tel:+91 78930 03070

---

## **WEST**

1. **AASRA** : 24x7 Helpline: +91-9820466726

### **2. Arpita Suicide Prevention Helpline**

Non profit.

Arpita Suicide Prevention Helpline located at Ramaiah Hospital is one of the services of Arpita Foundation, started in 2019 by a group of Experienced Volunteers from various Institutions to reach out in Society.

Operating at Ramaiah Hospital with 24 Volunteers from 10.00 AM to 01.00 PM, some of Volunteers have been Counselling for the Past 18 years. Periodic Training in Mental Health is provided by Professional in this field and Doctors at the Hospital

Arpita has dedicated its Services free of cost. If Callers prefer Face to Face counselling, then they are referred to the Doctors at the Hospital for consultation, Treatment and further followed with counselling.

Helpline: 080 23655557 | 10:00 AM - 05:00 PM | Monday to Sunday

Proficient with: English, हिंदी, ಉದ್ದೀ, അവുಗജ്നു, தமிழ், తెలుగు, മലയാളം, Konkani, Assamese, ગુજરાતી, বাঙালি

Email: [arpita.helpline@gmail.com](mailto:arpita.helpline@gmail.com)

<http://arpitafoundation.org/>

### **3. Befrienders Worldwide**

Volunteer action to prevent suicide

Helplines available :

#### **a. Connecting NGO Pune**

Member

Face to Face 12.00 pm to 5.00 pm from Monday to Saturday

9922004305

12.00pm to 8.00 pm

9922001122

12.00 pm to 8.00 pm

Languages spoken

Hindi, English, Marathi

Email us

[distressmailsconnecting@gmail.com](mailto:distressmailsconnecting@gmail.com)

12.00 pm to 8.00 pm

Website

<https://www.connectingngo.org>

Send us a letter

Address

Connecting NGO

Office No 5, 2nd Floor

Atur Chambers, Above Coffee House Restuarant, Opp SGS Mall. Moledina Road, Camp,

Pune

411001

India

#### **b. SAATH**

Member

NOTE: Face-to-face services via drop in centre (from 1:00 pm to 7:00 pm daily) Services

offered: face to face, telephone and Email

079 26305544

1.00 pm to 7.00 pm

079 26300222

1.00 pm to 7.00 pm

Languages spoken

Hindi, Gujarati

Email us

[saath12@yahoo.com](mailto:saath12@yahoo.com)

Website

<https://www.saathindia.org>

Face-to-face

Address

Saath Suicide Prevention Centre B-12 1st Floor

Nilamber Complex

H.L. Commerce College Road  
Navrangpura  
Ahmedabad  
380009 Gujarat  
India

**4. Cehat** : +919029073154

For women and girls facing violence

Under cehat, there is a project Dilaasa working on violence and health

**5. iCall** is an email and telephone-based counselling service run by Tata Institute of Social Sciences and they offer free services with the help of a team of qualified and trained mental health professionals. They are available Monday to Saturday between 8 am and 10 pm.

Helpline Number: +91 22 2552111 and +91 91529 87821

**6. Jeevan Aastha** : Toll Free : 1800 233 3330

( 24 \* 7 available , operated by Gandhi Nagar Gujrat Police in association with physcologist : VERIFIED : SUICIDE , DEPRESSION , CAREER COUNCELLING , ADDITION )

WEBSITE : <http://www.jeevanaastha.com/>

EMAIL : [help@jeevanaastha.com](mailto:help@jeevanaastha.com)

**7. Maitri** : Toll Free Helpline: 1-888-862-4874

the Helpline program provides:

Safety planning

Lethality assessment

Emotional support

Referrals to resources

Information on rights

Mind And Me

Mumbai based

.-team of qualified Clinical Psychologists and Social Activists experienced in the field of individual and group therapy

-work in the space of individual mental health, workplace safety, inclusivity, empowerment and education

9890941952 | 9769363621

[mindandmeservices@gmail.com](mailto:mindandmeservices@gmail.com)

**8. Mitram Foundation**

Mitram Foundation is a suicide prevention helpline that aims to offer emotional support to those going through a crisis in their lives, especially the distressed, depressed and suicidal. We are based in Bengaluru and provides support in English, Hindi and Kannada.

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

Helpline 1: : 080-2572-2573 | 10:00 AM - 02:00 PM | Monday to Saturday

Email: [share@mitramfoundation.org](mailto:share@mitramfoundation.org)

Proficient with: English, हिंदी

**9. Nagpur Suicide Prevention Helpline**

8888817666

10. **OneLife** is a Not for profit helpline to address the suicidal tendencies of people who have given up on life, due to multitude problems.

Helpline number 78930 78930

#### 11. **Parivarthan**

Parivarthan Counselling, Training and Research Centre is a registered, non-profit society that provides multimodal services in the field of mental health. The Helpline is serviced by trained, professional counsellors who are committed to a rigorously ethical practice and who respect the confidentiality of the callers.

Helpline: +91 7676 602 602 | 10:00 AM to 10:00 PM | Monday to Friday

<https://parivarthan.org/>

Proficient with: All Indian languages except തെലുഗു, മലയാളി

#### 12. **Roshni Trust**

Roshni trust is a voluntary organization that values human life. Roshni helpline comes under its umbrella. Roshni helpline provides free and confidential service by providing emotional support to the depressed and the suicidal, since 20 years. We are situated in Sindhi Colony, Secunderabad.

Helpline: 040-66202000, 040-66202001 | 03:00 PM - 07:00 PM | Monday to Sunday

Proficient with: തെലുഗു, മറാറ്റി, ഹിന്ദി, English

Email: [roshnihelp@gmail.com](mailto:roshnihelp@gmail.com)

<https://roshnitrusthyd.org/>

#### 13. **Sahai** :

Sahai is a service provided by Medico Pastoral Association (MPA). MPA is a 51 years old psycho social rehabilitation home for people with mental health issues. Sahai has received over 11000 calls since its inception in 2002. They have 20 active volunteers who have undergone a training conducted by MPA Clinical Manager where faculty from NIMHANS and other psychiatrists hold sessions. Sahai does not charge any fee to our callers. If any caller requires face to face counselling, they are referred to MPA counsellors who are fully trained.

Helpline: 080 – 25497777 | 10:00 AM to 05:00 PM | Monday to Saturday

Email: [sahaihelpline@gmail.com](mailto:sahaihelpline@gmail.com)

Proficient with: ഹിന്ദി, English

<http://www.sahaihelpline.org/>

#### 14. **Samaritans Mumbai**

Need someone to talk to? Call us if you are disturbed, stressed, depressed or suicidal. We provide complete anonymity and strict confidentiality. You can talk to us about your innermost thoughts without fear of being judged or criticized.

We are situated in Dadar, Mumbai

Helpline: +91 84229 84528, +91 84229 84529, +91 84229 84530 | 03:00 PM - 09:00 PM | Monday to Sunday

Proficient with: മരാതി, ഹിന്ദി, English

Email: [talk2samaritans@gmail.com](mailto:talk2samaritans@gmail.com)

<http://www.samaritansmumbai.com/>

#### 15. **Sneha**

Sneha is a suicide prevention organisation that offers unconditional emotional support for the depressed, desperate and the suicidal. Sneha offers total confidentiality for its callers, their

volunteers are non-judgemental and the services offered by them are free.

Helpline 1: 044-24640050 | 24 Hours | Monday to Sunday

Helpline 2: 044-24640060 | 08:00 AM - 10:00 PM | Monday to Sunday

Proficient with: தமிழ், English

<https://snehaindia.org/new/>

**16. The Vandrevala Foundation :** Surat (Gujarat)based

It pursues a three-pronged strategy: Awareness - about mental health issues and fighting stigma; Access - to professional help and resources through its helpline; Advocacy - working with government, media, business and other like-minded bodies to improve mental health services and campaign against stigma.

24x7 mental health helpline. The helpline can be reached from anywhere in India on 1-860-266-2345

**17. It's Ok To Talk** was launched to help facilitate a dialogue on mental health and to help young people facing mental health problems and stigma.

Website: [itsoktotalk.in](http://itsoktotalk.in)

---

## SUPPORT GROUP

---

### EAST

#### Support Groups

1. Kolkata Depression Support Group
2. Cooch Bihar Mental Health support group

### WEST

#### Rehabilitation Centers :

**1. Chaitanya Institute For Mental Health**

Chaitanya Institute for Mental Health is one of the leading Residential Psychiatric Care Centers in western region of India, established for the acute management and community based psycho social rehabilitation of the mentally ill. Currently Chaitanya provides residential care facilities for patients suffering from various psychiatric disorders such as Schizophrenia, Mood disorders, Personality disorders, Substance related disorders and Geriatric disorders.

<http://chaitanyarehab.com/>

CHAITANYA IMH

Khadi Machine, Kondhwa  
Bhagat Puram, Srv. No. 31/A,  
Kondhwa BK,  
Near Khadi Machine Chowk,  
Pune – 411048,  
Maharashtra, India

CHAITANYA IMH

Katraj  
B Anant Chaya, S.No. 74,  
House No. 3, Plot No.6,  
Behind Wonder City, Katraj,  
Pune - 411 046,  
Maharashtra, India

CHAITANYA IMH  
Warje  
C Popular Presteige Commercial  
complex, Srv.No.141/142,  
Near flyover Warje,  
Pune - 411 052,  
Maharastra, India

CHAITANYA IMH  
Warje  
C Popular Presteige Commercial  
complex, Srv.No.141/142,  
Near flyover Warje,  
Pune - 411 052,  
Maharastra, India

CHAITANYA IMH  
Kerala  
Building No.: 1/554 a,b ; Sy.  
No.: 108/1,2, Koikkara Road,  
Near Vyasa Vidhyalaya,  
Palachuvad, Padamugal,  
Kakkanad – 682 030,  
Cochin, India.

CIMH – Khadi Machine, Pune  
Phone: 020-26930060 / 4079 / 4341  
E-mail: [chaitanyaimh@gmail.com](mailto:chaitanyaimh@gmail.com)  
Accounts: +91-7276050215  
CIMH - Katraj, Pune  
Phone: 020-24365319 / 24375319 / 24375318  
E-mail: [katrajnewchaitanya@gmail.com](mailto:katrajnewchaitanya@gmail.com)  
Accounts: +91-7276050215  
CIMH Warje, Pune  
Phone: 020-25236488 / 6803 / 6320  
E-mail: [warjechaitanya@gmail.com](mailto:warjechaitanya@gmail.com)  
Accounts: +91-7276050215  
CIMH – Goa  
Phone: 0832-2290094 / 2298765  
E-mail: [goachaitanya@gmail.com](mailto:goachaitanya@gmail.com)  
Accounts: +91-7276050215  
CIMH - Kerala  
Phone: +91-7736900092, +91-9446517409

E-mail: [keralachaitanya@gmail.com](mailto:keralachaitanya@gmail.com)

Accounts: +91-7276050215

## 2. Mann Healthy Mind Center

<http://www.manncentre.com/>

Our aim is to serve the society in the best possible way as Physical, Social and Spiritual well being ensures a Healthy Mind.

Psychiatric Consultation

As a part of our psychiatric consultation, Dr. Anita conducts a comprehensive evaluation of the client's psychological, biological, medical and social causes of the emotional distress.

Counselling / Psychotherapy

Therapy or Counseling is a process of change where the client and counselor collaboratively work towards the self development and coping mechanism of the client

Clinical Testing

We have certified Psychologists who can conduct a wide array of clinical tests, which are reliable and valid

Contact

Mann Mahalaxmi - Healthy Mind Clinic

Shop No. 7, Mahalaxmi Chambers, Near Mahalaxmi Temple, Behind Enamour, 22 Bhulabhai Desai Road, Mumbai - 400026. Tel.: 022 2351 3940/ 2390 Mobile No.: +91 7715801439

Mann Bandra - Healthy Mind Clinic

2, Ground Floor, Geetanjali Building, S.V. Road, Near HP Petrol Pump & Apollo Pharmacy, Bandra (W), Mumbai - 400050. Mobile No.: +91 8850064987

**Links :**

**Support Groups in India - India - Angloinfo**

<https://www.angloinfo.com/how-to/india/healthcare/support-groups>

**Mental Health Support groups in India | Meetup**

<https://www.meetup.com/topics/mental-health-support/in/>

**8 excellent apps that help individuals improve their mental health**

<https://yourstory.com/2017/08/apps-that-help-troubled-minds> - apps

## **Support Groups – IPH Pune**

<http://iphpune.org/wp/support-groups/> PUNE

**Support groups to help learn and grow. Join a support group today.**

<https://talkitover.in/services/support-groups> - BLORE

## **Online Counseling & Emotional Wellness Coach | YourDOST**

<https://yourdost.com/>

## **Yuva Counselling Helpline Toll Free Number India | Customer Care Number-NativePlanet**

<https://www.nativeplanet.com/yuva-counselling-helpline-toll-free-numbers-india-1228.html>

**These suicide prevention helplines ensure support is just a call away**

<https://yourstory.com/herstory/2019/09/suicide-prevention-helplines-support-mental-health-women>

## **Depression in New Dads | Depression in New Dads**

<http://depressioninnewdads.com/>

## **Free Online Counselling and Therapy - Manastha**

<https://www.manastha.com/free-online-counselling-and-therapy/>

## **SUICIDE HELPLINE NUMBERS**

<https://indianhelpline.com/SUICIDE-HELPLINE/>

## **It's Ok To Talk**

<http://itsoktotalk.in/find-help/>

## **Helplines for Various Concerns**

<http://www.tarshi.net/index.asp?pid=240&cat=1>

## **Helpline - The Live Love Laugh Foundation**

<https://thelivelovelaughfoundation.org/helpline.html>

## **My Struggles: Talk to a Mentor**

[https://mystruggles.in/talk?gclid=EAIaIQobChMImfXswJCn6gIVyzUrCh0SSwhjEAAIASAAEgLvMvD\\_BwE](https://mystruggles.in/talk?gclid=EAIaIQobChMImfXswJCn6gIVyzUrCh0SSwhjEAAIASAAEgLvMvD_BwE)

## **Free Telephone Counseling Hotlines in India.**

<https://www.opencounseling.com/hotlines-in>

## **About us**

<https://www.vandrevalafoundation.com/about-us>

## **Mental Health Support groups in India | Meetup**

<https://www.meetup.com/topics/mental-health-support/in/>

## **SOUTH**

### **The FireFly Community (free)**

The firefly community works on initiating conversations on social issues that we as a society are too shy talk about. We strike a chord with people of all ages and community. The organization brings issues to light by making safe spaces to begin discussion about these issues and offers a chance to individuals to share their encounters and musings. The society expects us to either suffer in silence or turn a blind eye but we believe that together we can break these barriers and taboos.

They conduct events and programs both offline and online to raise awareness on social issues, for free.

**E-mail:**[firefly.community1@gmail.com](mailto:firefly.community1@gmail.com)

### **The Minds Research Foundation (paid)**

The Mind Research Foundation was established with a commitment to create a positive impact in the society by directing people towards recognizing the importance of Behavioural Health, normalizing conversations and facilitating de-stigmatization of Behavioural Health. Our endeavour is to encourage those living with Behavioural health conditions to get the help they need, and ensure those who need help or are vulnerable have access to excellent support, acceptance, and resources they deserve.”

(Timings: 10:30 a.m. to 7:30 p.m.)

+91-80-2520-2055

+91-80-9596-7889

+91-80-9590-1369

+91-78-1300-4040

## **MPOWER**

Mpower aims to help create a society where people with mental health concerns and their caregivers receive professional support, care and acceptance to facilitate their recovery, without facing discrimination or shame.

<https://www.mpowerminds.com/>

tel:+91 80 25209712

<tel:+91-9702803210>

## **ALCOHOLICS ANONYMOUS**

<b>City</b>	<b>Email ID</b>	<b>Contact Number</b>
<b>Karnataka</b>		
Bangalore	<a href="mailto:contact@aabangalore.org">contact@aabangalore.org</a>	9972080531
Manipal		09844166712
Mysore		09844040504
Mangalore		09845013047
<b>Tamil Nadu</b>		
Salem	<a href="mailto:salemintergroup@yahoo.co.in">salemintergroup@yahoo.co.in</a>	09443290576
Tirunelveli	<a href="mailto:aapalay@gmail.com">aapalay@gmail.com</a>	09443554854
Madurai		09865032195
Coimbatore	<a href="mailto:intergroupcoimbatore@hotmail.com">intergroupcoimbatore@hotmail.com</a>	
Chennai	<a href="mailto:chennaisouthaa@gmail.com">chennaisouthaa@gmail.com</a>	09381324333
<b>Kerala</b>		
Thiruvananthapuram	<a href="mailto:aatrivandrum@yahoo.com">aatrivandrum@yahoo.com</a>	09349121825
Kozhikode Calicut South Inter Group	<a href="mailto:cltsouthig@gmail.com">cltsouthig@gmail.com</a>	09388823120
Kerala Intergroup Calicut	<a href="mailto:aakerela@gmail.com">aakerela@gmail.com</a>	
Kochi	<a href="mailto:Intergp2011@gmail.com">Intergp2011@gmail.com</a>	09846412330