

Name	Location	Type of service	Phone number	Email ID	Additional Information
AASRA	Mumbai	Helpline	09820466726		Hindi & English
Cooj Mental Health Foundation	Goa	Counseling Suicide helpline	091832225255	youmatterbycooj@gmail.com	Monday to Friday between 1 pm and 7 pm
Fortis Stress Helpline		Helpline	08376804102		
iCall	Mumbai		09152987821 0222552111		Monday to Saturday between 8 am and 10 pm
Parivarthan	Bangalore	Helpline & Counselling	07676602602	parivarthanblr@gmail.com	Monday to Friday 1 pm to 10 pm
Roshni	Hyderabad	Helpline	4066202000		Monday to Saturday between 11am to 9pm
Sanjeevani			01124311918 01124318883		Timings: 10 a.m. to 5.30 p.m. (Monday to Friday)
Sneha Foundation	Chennai	Helpline	044-24640050	help@snehaindia.org	all days between 10 am and 2 pm
Sumaitri			011-23389090		Mon-Fri 2pm to 10pm and Sat-Sun 10 & to 10pm
The Samaritans	Mumbai		08422984528 08422984529 08422984530	talk2samaritans@gmail.com	5 pm and 8 pm all through the week
Vandrevala Foundation		Helpline	07304599836 07304599837 18602662345	help@vandrevalafoundation.com	
NIMHANS	Bangalore	Helpline & Emergency services	080-46110007		
Peak mind	Bangalore		080-47092334		
Sangath	Goa		011-41198666		All days 10 am to 6 pm Hindi, English, Marathi, Konkani
Sumaitri			011-23389090 09315767849	Sumaitri.net	
M Power			1800-1208-20050	Mpowerminds.com/oneonone	
Kashmir lifeline			1800-180-7020	Kashmirlifeline.org	
Connecting Trust			09922001122 09922004305	distressmailsconnecting@gmail.com	All days 12:00 PM – 08:00 PM English, Hindi, Marathi
Mitram Foundation			08025722573 09019708133	share@mitramfoundation.org	All days 10:00 am to 04:00 pm English, हिंदी