

For LGBTQIA+ Folks - Resources and Helpline Numbers

- **The Mariwala Health Initiative** provides various resources at their website:
<https://mhi.org.in/voice/details/resources-lgbtqi-community-during-covid/>
- **Arise Helpline:** +91 9013262626
Free care by therapists for depression, stress and anxiety issues. English, Hindi, Tamil, Telugu, Kannada
- **Sahaay** (24×7 LGBT helpline at a toll-free number): 1800-2000-113
- **Xomonnoy:** An LGBTQ+ group based in Guwahati, Assam. They have recently been running a peer counselling helpline number running 24×7.
9678717374
Available languages: Assamese, Nepali, Hindi, English, Bengali xomonnoy@gmail.com
- **Orinam** (Chennai based all-volunteer LGBTQIA+ collective): 98415 57983
Founded in 2003, Orinam offers information, peer counseling and referrals to professional queer-affirming therapists. Orinam also facilitates monthly peer support group meetings. Contact via orinam.net@gmail.com, whatsapp 98415-57983 or call after 6:30pm.
<https://orinam.net>
- **Sahodari** (Helpline for the transgender community):
76397 41916 <http://www.sahodaran.org/>

- **Queerythm:** 9745545559 (Also available on WhatsApp- message them here first preferably) English, Malayalam and Tamil
- **Sahodaran** (Works with LGBTQIA+ people in Tamil Nadu): 98418 65423, 044-2347 0486
- In Delhi, LGBTQ+ persons can contact **Delhi Commission for Women** as they have set up a special cell within the rights body. (via Nazariya)
- **Transgender India:** <https://transgenderindia.com/>
Resources for those looking to/in transition and a transgender talk forum.
- **Nazariya Queer Feminist Resource Group:** <https://nazariyaqfrg.wordpress.com/>
- **Humsafar Trust:** <https://humsafar.org>
- **Solidarity Foundation:** <http://www.solidarityfoundation.in/>
- **Sappho For Equality:** <http://www.sapphokolkata.in>
- **Naz Foundation India:** An Indian NGO working in the sectors of gender, health, and rights since 1994. Over the years, Naz has provided care and support services for people and children living with HIV/AIDS and the LGBTQ community on health, sexuality and rights.
- **Agents of Ishq:** <http://agentsofishq.com/>
A multi-media project about sex, love and desire. Or in their words, "We make cool video, beautiful images and great audio about sex, love and desire in India."