

For Suicide Prevention - Helpline Numbers

- **AASRA:** 24x7 free Mumbai based helpline. Hindi and English. **+91 98204 66726**
- **iCall:** It is an email and telephone-based counseling service run by Tata Institute of Social Sciences (TISS, Mumbai). Monday to Saturday between 8 am and 10 pm. **+91 22 2552111** and **+91 91529 87821**
- **Sneha Foundation:** It is a suicide prevention organization based out of Chennai. One can reach out to them via email at help@snehindia.org. Their suicide helpline number can be reached on all days between 10 am and 2 pm. **044-24640050**
Once the restrictions and lockdown get lifted in Chennai, the number can be reached out 24x7.
- **Fortis Stress Helpline:** The Fortis 24x7 Stress Helpline. **+9183768 04102**
- **Parivarthan:** Bangalore-based centre has a dedicated helpline number **+91 76766 02602** (1 pm to 10 pm, Monday to Friday). Online counseling sessions are also available should one need it. You can email them at parivarthanblr@gmail.com.
- **Cooj Mental Health Foundation:** The Goa-based mental health organization has both e- counseling as well as a suicide helpline number. Monday to Friday between 1 pm and 7 pm. For e-counseling, one can send an email to youtmatterbycooj@gmail.com. **+832 2252525, 098322252525**
- **Vandrevala Foundation:** 24x7 helpline number **+91 730 459 9836, +91 730 459 9837**, and **1860 2662 345**, one can also email them on help@vandrevalafoundation.com.

- **The Samaritans Mumbai:** 5 pm and 8 pm all through the week or email them at talk2samaritans@gmail.com , +91 84229 84528, +91 84229 84529 and +91 84229 84530
- **Sumaitri:** 011-23389090. Mon-Fri 2pm to 10pm and Sat-Sun 10 & to 10pm
- **Sanjeevani:** 011-24311918, 24318883. Timings: 10 a.m. to 5.30 p.m. (Monday to Friday)
- **Roshni:** Hyderabad based suicide prevention centre. +914066202000 Monday to Saturday between 11am to 9pm