



Mental Health First Aid India

Educating Public on Mental Health

www.mhfaindia.com

Important Phone numbers to remember

National

Psychosocial Helpline: 080-46110007

Important Mental Health Helplines in the states

Organisation Name	Helpline Number	Email / Website	Languages
Fortis (Mental Health Helpline)	+91 8376804102		
Aasra (Suicide Prevention Helpline)	+91 9820466726		
Mitram Foundation (Suicide prevention Helpline)	080-25722573	www.mitramfoundation.org	English, Hindi
Arpita (Suicide Prevention Helpline)	080-23655557	arpita.helpline@gmail.com	English, Hindi, Kannada, Tamil, Telugu, Malayalam, Konkani, Assamese, Bengali, Gujarati, Urdu
Sneha (Suicide prevention Helpline)	044-24640050/24640060		English, Tamil
ICall (Mental Health helpline)	022-25521111	icall@tiss.edu	Marathi, Bengali, Telugu, Hindi, English

Organisation Name	Helpline Number	Email / Website	Languages
Sahai (Mental Health Helpline)	080-25497777	sahaihelpline@gmail.com	Hindi, English
Lifeline (Mental Health Helpline)	033-24637401, 24637432	lifelinekolkata@gmail.com	Bengali, Hindi, English
Sumaitri (Suicide prevention Helpline)	011-23389090	feelingsuicidal@sumaitri.net	Hindi, English
COOJ Mental health foundation (Mental Health)	0832-2252525	youmatterbycooj@gmail.com	English
Roshni Trust (Suicide prevention Helpline)	040-66202000, 66202001	roshnihelp@gmail.com	Telugu, Urdu, Hindi, English
Samaritans (Mental Health Helpline)	+91 8422984528, 8422984529, 8422984530	talk2samaritans@gmail.com	Marathi, Hindi, English
Parivarthan (Mental Health Helpline)	+91 7676602602	www.parivarthan.org	All Indian languages except Telugu &

Disclaimer

The above mentioned list of phone numbers belong to third party service providers . MHFA India is not related to them in any capacity nor does MHFA India assures the availability or the quality of service provided by the third parties mentioned here. Participants are advised to check the availability and the nature of the services provided with the organisations mentioned, in advance.