

Helplines			
Organisation	Services offered	Fee	Contact details
iCall Psychosocial Helpline	Counselling via telephone, email or chat.	Free	Ph: 9372048501/ 9920241248/ 839799513 Email: icall@tiss.edu Chat: @nultaapp
Parivarthan	Psychosocial counselling and emotional support	Free	Ph: +91 7676 602 602
Mitram	Emotional support for those undergoing a crisis	Free	Ph: 080-2572-2573
Fortis Mental Health Stress Helpline	Emotional support and psychological counselling	Free	Ph: +91 8376804102
Suicide Helplines			
Arpita Suicide Prevention Helpline	Suicide prevention, depression and despair.	Free	Ph: 080 23655557
Sneha Foundation	Suicide prevention, depression and despair.	Free	Ph: 044-24640050, 044-24640060
Aasra	Suicide prevention, depression and despair.	Free	Ph: 022 2754 6669
Lifeline	Suicide prevention, depression and despair.	Free	Ph: 033-24637401
Sahai	Suicide prevention, depression and despair.	Free	Ph: 080 2549 7777, 9886444075
COOJ	Suicide prevention, depression and despair.	Free	Ph: 0832-2252525
Online/Telecounselling			
Children First	Online therapy for people of all ages (including children and adolescents).	Sliding scale	Message: 9650044774 Email: pooja.jain@childrenfirstindia.com
NIMHANS	Telecounselling for a variety of concerns.	Free	Ph: 080 4611 0007
Indian Psychoanalytical Society	Counselling services.	Free	8376804102
Sahay	Psychological counselling and crisis counselling.	Free up to three sessions	Ph: 9709109109
Crisis Counselling/Psychological first aid*			

Bembala	Counselling for women and child survivors of abuse	Sliding scale	Ph: 080-43775561
COVID Response: A Therapists' Collective	Crisis counselling and psychological first aid specifically for COVID related challenges.	Free	Email: covidresponseind@gmail.com Website: www.covidresponse.in

Specific counselling services for working through challenges related to the lockdown and the COVID-19 crisis.