

AASRA

AASRA offers 24-hour telephone service for people in Navi- Mumbai who are in distress or at risk of suicide.

Tel: 91 22 27546669

Jeevan Aastha Helpline

Jeevan Aastha Helpline offers 24-hour telephone service to people in India who are suicidal, desperate, and emotionally distressed.

Tel: 0091 6576453841

Lifeline Foundation

Lifeline Foundation offers unconditional emotional support to anyone in Kolkata who is in distress or at risk of suicide. Lifeline Foundation opens from 10:00 AM to 06:00 PM daily.

Tel: 0332 4637437

PRATHEEKSHA

Pratheeksha offers 24-hour unconditional emotional support to anyone in Kerala who is in distress or at risk of suicide.

Tel: 0484 2448830

SAATH

Saath offers unconditional emotional support to people in India who are distressed, depressed, or suicidal. Anyone can contact Saath, over the telephone, by letter, by email, or in person between 1:00 pm to 7:00 pm all 365 days.

Tel: 0091 79 26305544

SNEHA

Sneha offers 24-hour unconditional emotional support to anyone in India who could be feeling distressed, depressed, or suicidal.

Tel: 4424640050

THANAL Suicide Prevention Center

Thanal offers unconditional emotional support to anyone in Calicut who is in distress or at risk of suicide.

Tel: 0495 2760000

Tel: 3279307

Samaritans Mumbai

Samaritans Mumbai offers emotional support to people who are in distress or at risk of suicide. The line is open from 3 pm to 9 pm every day.

Tel: (91) 8422984528

Tel: 8422984529

Tel: 8422984530

Maithri

Maithri operates in Kochi (Cochin), in the state of Kerala, south-west India, and offers crisis support by telephone, letter, and face-to-face contact.

Tel: 0484 2540530

Save India Family Foundation

Save India Family Foundation provides crisis support for people in Bangalore.

Tel: 91 9243473794

Sumaitri

Sumaitri is a crisis intervention centre located in New Delhi that provides support by letter, telephone, and face-to-face contact. Times: 2 PM to 10 PM (Monday to Friday) - 10 AM to 10 PM (Saturday & Sunday).

Tel: 011-23389090

SA-MUDRA YUVA Helpline

SA-MUDRA YUVA Helpline provides support for people who are in distress or at risk of suicide.

Tel: 9880396331

SAHAI Helpline

SAHAI Helpline is run by a team of dedicated volunteers who serve to help people in times of distress.

Tel: 080 – 25497777

Kashmir Lifeline

Kashmir LifeLine offers support to those who are in emotional and mental crisis. The helpline is confidential, anonymous, and entirely free, even if you are calling from a phone with zero balance.

Tel: 1 800 180 7020

Arpita Suicide Prevention Helpline

Arpita Suicide Prevention Helpline is a free telephone counselling service based in Bangalore. The volunteers are able to speak the following languages: English, Hindi, Kannada, Tamil, Telugu, Malayalam, Konkani, Assamese, Gujarati, Bengali, and Urdu.

Tel: 91 80 23655557

Tel: 91 80 23656667

1 Life, Crisis Support, Suicide Prevention

1 Life, Crisis Support, Suicide Prevention offers 24-hour confidential crisis support to people in India who is at risk of suicide.

Tel: 78930 78930

CHILDLINE 1098

CHILDLINE 1098 is a 24-hour a day, 365 days a year, free, emergency phone service for children in need of aid and assistance.

Tel: 1098

DISHA-1056

DISHA-1056 is a 24-hour telehealth helpline providing guidance, counselling, and information service on physical and mental health issues.

Tel: 1056

Mpower 24x7 Mental Health Helpline

Mpower offers 24x7 helpline services to individuals who may be in distress or may just want someone to listen to them. Individuals can pick between a telephone-based helpline and a chat-based helpline, as per their convenience.

Tel: 1800 120 820050

ROSHNI

ROSHNI offers free, confidential emotional support for the distressed, depressed & suicidal people in India.

Tel: 040 66202000

Tel: 66202001