

In case of emergency, please don't hesitate to get in touch with the following numbers:

**Vandrewala foundation: 999666555**

**iCall: 9152987821**

**Tele-MANAS: 14416**

**MPower: 1800-820050**

**Mann Talk: 9820466726**

**One Future: 08043053588**

**QT: 8897533014**

**Samaritans: 8422984528, 8422984529, 8422984530**

 Mental Health Resources | Agatsu Foundation

 List of Mental Health Apps, Psychologists and important helpline numbers