

| Sr. No. | Name of the helpline/ Organization                                        | Contact number/ email id                                                                                                                   |
|---------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 1       | iCALL helpline<br>(8:00 am to 10:00 pm)                                   | Call: 9152987821<br>Email: <a href="mailto:icall@tiss.edu">icall@tiss.edu</a>                                                              |
| 2       | Vandrevala foundation helpline<br>(24 x 7)                                | Call: 9999 666 555<br>WhatsApp: +1(256)6662142<br>Email: <a href="mailto:help@vandrevalafoundation.com">help@vandrevalafoundation.com</a>  |
| 3       | PARAMARSH (IACP)<br>(9:00 am to 9:00 pm)                                  | Call: 08047192224                                                                                                                          |
| 4       | Parivarthan<br>(1:00 PM to 10:00 PM, Monday to Friday)                    | Call: +91 7676602602                                                                                                                       |
| 5       | Samaritans Mumbai<br>(05:00 PM - 08:00 PM, all days)                      | Call: +91-8422984528, +91-8422984529,<br>+91-8422984530<br>Email: <a href="mailto:talk2samaritans@gmail.com">talk2samaritans@gmail.com</a> |
| 6       | Mitram foundation<br>(10:00 AM - 02:00 PM, all days)                      | Helpline: 080-25722573<br>Email: <a href="mailto:share@mitramfoundation.org">share@mitramfoundation.org</a>                                |
| 7       | NIMHANS<br>(24 x 7 , toll free)                                           | Call: 080-46110007                                                                                                                         |
| 8       | Mpower 1 on 1<br>(24 x 7,toll free)                                       | Call: 1800-1208-20050                                                                                                                      |
| 9       | Sneha<br>(10:00 am to 2:00 pm, all days)                                  | Call: 044-24640050                                                                                                                         |
| 10      | Arpan<br>(9:00 am to 5:00 pm on weekdays, 9:00 am to 1:00 pm on weekends) | Call: 09819086444                                                                                                                          |
| 11      | Aasra<br>(24 x 7)                                                         | Call: 09820466726                                                                                                                          |
| 12      | Snehi<br>(10:00 am to 10:00 pm, all days)                                 | Call: 09582208181                                                                                                                          |
| 13      | Lifeline foundation (Kolkata)<br>(10:00 am to 10:00 pm, all days)         | Call: 033-40447437, 09088030303                                                                                                            |

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| 14 | COOJ Mental Health Foundation<br>(01:00 PM - 07:00 PM   Monday to Friday) | Call: +91-8322252525                                                                                                                    |
| 15 | Connecting trust<br>(12:00 PM - 08:00 PM   All days)                      | Call: +91-9922001122, +91-9922004305<br>Email: <a href="mailto:distressmailsconnecting@gmail.com">distressmailsconnecting@gmail.com</a> |
| 16 | Mann Talks<br>(09:00 AM - 06:00 PM)                                       | Call: +91-8686139139                                                                                                                    |
| 17 | Arpita foundation helpline<br>(7:00 am to 9:00 pm)                        | Call: 080-23655557, 080-23656667<br>Email: <a href="mailto:arpita.helpline@gmail.com">arpita.helpline@gmail.com</a>                     |
| 18 | Roshni trust<br>(11:00 am to 9:00 pm)                                     | Call: 040-66202000, 040-66202001<br>Email: roshnihelp@gmail.com                                                                         |