

NATIONAL DIRECTORY OF MENTAL HEALTH AND CRISIS HELPLINES (INDIA)

Helplines, Counselling and Mental Health | Compiled for: Loved As You Are — Parental Journeys of Acceptance | Verified May 2026

#	Organisation / Helpline	About	Focus & Target Audience	Available Languages	Topics of Support	Phone / Helpline	WhatsApp	Email / Website	Operating Hours	24/7?	LGBTQ+ Inclusive?	Notes / Special Features
1	Dhwani (PCVC)	A specialised 24/7 hotline and toll-free service operated by the International Foundation for Crime Prevention and Victim Care (PCVC). Provides immediate emergency assistance, follow-up care, and referral services for survivors of domestic, family, and burn violence.	Women, queer individuals, and youth — including their families and caregivers	English, Hindi, Kannada, Malayalam, Tamil, Telugu	Abuse & domestic violence · Gender & sexual identity · Sexual abuse · Relationships · Trauma & PTSD	18001027282 9840888882	9840888882	https://pcvc.org	24/7	Yes	Yes	Toll-free. Crisis intervention + rehabilitation support for burn violence survivors also covered.
2	The Humsafar Helpline	Founded in 1994, India's first community-based organisation dedicated to LGBTQ+ health and well-being. Provides mental health support, crisis intervention, and HIV-related health services. Branches across Mumbai, Delhi, Guwahati, Nagpur, Gangtok, Amritsar.	LGBTQ+ community, MSM, and Transgender communities	English, Hindi, Marathi	Gender & sexual identity · Bullying · Depression · Family & Stress · HIV support (Sanjeevani group)	Mumbai: +91 9892940966 022-26673800 / 022-26650547 Delhi: 011-46016699 Guwahati: +91 8812853117 Nagpur: +91 9823049986 Gangtok: +91 9593044040 Amritsar: +91 8360165626 Sanjeevani: 022-26673800	+91 9892940966	info@humsafar.org sahyog.guwahati@humsafar.org sanjeevani@humsafar.org https://humsafar.org	Mumbai: Mon–Fri 10am–8:30pm Delhi/Gangtok: Mon–Fri 10am–6:30pm Guwahati: Mon–Fri 11am–7:30pm Nagpur: Mon–Fri 12pm–8pm Amritsar: Mon–Sat 9am–5pm	No	Yes	India's oldest LGBTQ+ NGO (30+ years). Also runs PRABAL parent empowerment programme with Sweekar.
3	iCALL's ReYou Chat-line	A specialised chat-based initiative by iCALL (TISS) specifically for youth suicide prevention. Trained professionals provide emotional assistance, psychoeducation, and psychological interventions via a crisis chat platform.	Youth and the LGBTQ+ community	English	Suicide & self-harm · Abuse & domestic violence · Academic & relationship concerns · Eating & body image · Gender & sexual identity · Trauma & PTSD	9152987821	9152987821	https://icallhelpline.org	Mon–Sat, 10am–8pm	No	Yes	Chat-based (not voice call). Specifically for youth. Run by TISS School of Human Ecology.
4	The Naz Helpline	Provides free, confidential telephonic support through trained counsellors experienced in LGBTQ+ issues. Focuses on helping individuals navigate complex personal challenges by listening and unpacking their stories and feelings.	LGBTQ+ community, youth, and adults	English, Hindi	Gender & sexual identity · Marriage pressure · Intimate partner violence · Anxiety & depression · Sexual abuse · Suicidal thoughts	+91 11 41325042 +91 11 40793157 +91 11 40793158		naz@nazindia.org info@nazindia.org https://nazindia.org	Contact for current timings	No	Yes	Pioneer LGBTQ+ & HIV advocacy NGO (est. 1994, New Delhi). Free and confidential.
5	Muktaa Mental Health Helpline	Muktaa Charitable Foundation with 15+ years of helpline experience. Their 'No Big Reason' approach encourages anyone experiencing emotional distress to seek help before issues escalate. Also runs Samvad HIV/TB helpline.	Everyone — including LGBTQ+ community and those seeking cultural support	English, Hindi, Marathi	Sadness & depression · Intense emotions & anger · Career & academic pressure · Self-image & esteem · Substance use · Domestic violence	+91 7887889882 (Mental Health) +91 7887883889 (Samvad HIV/TB)	+91 7887889882	https://mcf.org.in	Contact for specific availability (tele-psychologists available)	No	Yes	'No Big Reason' philosophy — you don't need a crisis to call. Also covers HIV/TB support.
6	iCALL Psychosocial Helpline	Launched in 2012 by TISS School of Human Ecology. Bridges gaps in mental health care using technology. Staffed by full-time counsellors with post-graduate qualifications in counselling or clinical psychology.	Everyone, regardless of age, gender, or nationality	Bangla, English, Gujarati, Hindi, Malayalam, Marathi, Punjabi, Tamil, Urdu	Psychosocial distress · Mental health disorders · Pregnancy & abortion · Dementia & Alzheimer's · Academic & work-related concerns	9152987821 or dial 104	9152987821	https://icallhelpline.org	Mon–Sat, 10am–8pm (104 line: 24/7)	Partial (104 line)	Yes	9 languages. Dial 104 for 24/7 access. Free service by TISS. LGBTQ+-affirmative counsellors on staff.
7	24x7 Helpline for SGBV Survivors (Shakti Shalini)	Established in 1987. Supports survivors of sexual and gender-based violence (SGBV). Dedicated to socio-economically marginalised communities and promoting grassroots feminist leadership.	Everyone experiencing gender or sexual violence, irrespective of identity, class, or caste	English, Hindi	Gender & sexual violence · Abuse & domestic violence · Family issues · Pregnancy & abortion · Trauma & PTSD	+91 7838957810 011-24372437	+91 7838957810	https://shaktishalini.org	24/7	Yes	Yes	Available via call, text, or WhatsApp. Est. 1987 — one of India's oldest feminist support organisations.
8	Aasra	A crisis intervention centre providing professional and confidential care for those feeling lonely or suicidal. Professionally trained volunteers offer a non-judgmental listening service. Caller identity is strictly protected; no calls are recorded.	Everyone	English, Hindi	Loneliness & depression · Suicidal ideation · Stress & anxiety · Self-harm · Relationship issues	022-27546667 022-27546669		https://www.aasra.info	24/7	Yes	Yes	Strict confidentiality — no call recording. Trained volunteer listeners. Mumbai-based, national reach.
9	Vandrevala Foundation	The Cyrus and Priya Vandrevala Foundation is a non-profit providing free psychological counselling and crisis mediation since 2009. Has facilitated over one million conversations for those in distress.	Everyone	Bangla, English, Gujarati, Hindi, Kannada, Marathi, Punjabi, Tamil, Telugu	Trauma & mood disorders · Chronic illness · Relationship conflict · School & work stress · Suicide prevention	+91 9999666555	+91 9999666555	helpline@vandrevalafoundation.com https://www.vandrevalafoundation.com	24/7, 365 days	Yes	Yes	Free, anonymous, confidential. 9 languages. 1M+ conversations milestone. Best for any-state 24/7 crisis.
10	Tele MANAS	Launched by the Government of India in 2022. Guided by the Ministry of Health and Family Welfare (MoHFW). Two-tier system: Tier 1 = State Tele MANAS cells with trained counsellors; Tier 2 = specialist resources for consultation.	Everyone	Assamese, Bangla, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Nepali, Punjabi, Sindhi, Tamil, Telugu, Urdu, and others	Comprehensive mental health support · Dementia & Alzheimer's · Substance use · School & work stress · Suicide prevention	14416 or 1-800-891-4416		https://telemenas.mohfw.gov.in	24/7	Yes	Yes	Government of India national programme (est. 2022). Toll-free. 15+ languages. Two-tier specialist system.
11	Jeevan Aastha Helpline	A 24/7 toll-free service initiated by the Gandhinagar Police as part of the 'Suraksha Setu Project.' Offers telephonic counselling by trained professionals. Has successfully saved approximately 700 lives from suicide attempts.	Everyone	English, Hindi	Suicidal thoughts · Addiction · Academic stress · Relationship issues · Dementia & Alzheimer's	1800 233 3330		https://www.jeevanaastha.com	24/7	Yes	Yes	Toll-free. Police-initiated (Gujarat). ~700 lives saved. Part of Suraksha Setu Project.
12	iCALL's CHAMPS Helpline	Launched in partnership with UNICEF. Provides professional counselling specifically for children, adolescents, and their caregivers. Offers emotional support and therapeutic counselling through trained professionals.	Children, adolescents, and caregivers	Bangla, English, Hindi, Marathi, Tamil	Academic pressure · Violence & abuse · Grief & loss · Suicidal ideation · Parenting concerns	1800 2222 11 or 9152987821	9152987821	https://icallhelpline.org	Mon–Sat, 10am–6pm	No	Yes	UNICEF partnership. Specifically for children & adolescents. Toll-free option available.
13	Parivarthan Counselling Helpline	Originally launched in 2011 for children and youth, evolved into a general helpline. Trained counsellors provide anonymous help to anyone in emotional distress. Based in Bengaluru.	Everyone (all age groups)	Bangla, English, Gujarati, Hindi, Kannada, Marathi, Punjabi, Tamil, Telugu	Emotional distress · Family & relationships · Trauma & PTSD · Abuse & domestic violence · Suicide prevention	+91 7676602602 080-25273462 080-25298686 +91 8050003136 +91 6366302425	+91 7676602602	https://parivarthan.org	Mon–Fri, 9:30am–5pm	No	Yes	9 languages. Bengaluru-based. Anonymous service. Originally founded for children & youth.
14	ND Prana Lifeline	Associated with the International Association of Suicide Prevention (IASP) under the WHO. Staffed by 'Prana Guides' focusing on meaning-making, resilience, and optimism to improve quality of life.	Everyone across all age groups	English, Hindi, Malayalam, Tamil, Telugu	Crisis resolution · Suicide prevention · Resilience & hope · Loneliness · Bullying	1800 121 203040 1800 203 0050 +91 8489512307		https://ngchandrancharities.org	Mon–Sat, 9:30am–6pm	No	Yes	WHO-affiliated (via IASP). Meaning-making approach. Toll-free options available.
15	Lifeline Foundation	Based in Kolkata, founded in 1996. Member of Befrienders Worldwide. Aims to break stigma surrounding suicide. Provides anonymous space for distressed individuals through tele-helplines and face-to-face sessions.	Everyone	Bangla, English, Hindi	Depression & loneliness · Suicide & self-harm · School & work stress · Gender & sexual identity · Family & parenting	+91 9163940404 +91 9088030303 +91 33 4804 3620		https://www.lifelinefoundation.in	10am–12am daily	No	Yes	Member of Befrienders Worldwide. Kolkata-based (est. 1996). Face-to-face sessions also available.
16	Pukar Helpline	Philosophy of 'listening, not advising.' Provides a space to talk without fear of judgement. Based in Bangalore with volunteers across various cities. Staffed by trained volunteers.	Everyone	English, Hindi	Financial worries · Academic & work pressure · Loneliness & grief · Relationship issues · Self-harm & suicide	966389669		https://www.facebook.com/pukarhelpline/	10am–2pm daily	No	Yes	'Listening, not advising' philosophy. Volunteer-run. Bangalore-based. Limited hours — morning service.
17	Snehi Helpline	31 years of history promoting dignity and positive mental health. Focuses on rights of people with psychosocial disabilities. Provides crisis intervention tele-counselling to prevent suicides.	Everyone — primary focus on children and young people	English, Hindi, Marathi, Urdu	Psychosocial disorders · Stigma reduction · Suicide prevention · Dementia & Alzheimer's · School & work stress	+91 9582208181 9810014992	+91 9582208181	https://www.snehi.org.in	10am–10pm daily	No	Yes	31-year history. Rights-based approach for people with psychosocial disabilities.
18	Roshni Helpline	Operating in Telangana since 1997. Platform for the distressed and suicidal to ventilate emotions. Offers emotional support for those who feel desperate and alone in Telangana.	Everyone — specifically those in Telangana	English, Hindi, Telugu	Depression & distress · Suicidal ideation · Dementia & Alzheimer's · Physical illness · Abuse & domestic violence	+91 8142020044 040-66202000		https://www.facebook.com/Roshningohyd/	11am–9pm	No	Yes	Telangana-specific service (since 1997). Telugu language support. Regional focus.
19	Voice That Cares	Partnership between Ripples of Change Foundation and the Heartfulness Institute. Provides psychological first aid with prime focus on empathetic, compassionate, non-judgmental listening.	Adults	English, Gujarati, Hindi, Kannada, Malayalam, Tamil, Telugu	Exam & school stress · Empty nest syndrome · Bereavement & trauma · Family conflict · Caregiver support for elderly	+91 9787799042 8448844845		https://rocf.org	Hindi, English, Telugu: 9am–9pm Regional Languages (Kannada, Malayalam, Tamil, Gujarati): 4pm–9pm	No	Yes	7 languages with staggered hours. Unique focus: empty nest syndrome, elderly caregiver support.
20	Connecting Trust	Member of Befrienders India. Uses a mindfulness-based listening approach. Provides a dedicated callback facility specifically for suicide survivors. Based in Pune.	Everyone	English, Hindi, Marathi	Suicide prevention · Emotional distress · Warning signs in others · General well-being · Physical illness	9922004305 9922001122 020 41200845		Callback for survivors: 8484033312 https://connectingngo.org	10am–8pm	No	Yes	Befrienders India member. Mindfulness-based approach. Dedicated callback for suicide survivors.
21	Ankahee Helpline	Offers compassionate and warm listening with empathy and respect. Volunteers trained to handle callers of all ages — loneliness, self-harm, or difficult feelings. Total confidentiality and anonymity guaranteed.	Everyone	English	Stress & distress · Suicidal ideation · Loneliness · Relationship issues · Self-harm	+91 8655486966		https://www.ankaheehelpline.org	4pm–10pm daily	No	Yes	Evening-only service. Full confidentiality and anonymity. Trained volunteer listeners.
22	COOJ Distress Helpline	COOJ Mental Health Foundation — a Goa-based charitable trust. Works on psychosocial rehabilitation, suicide prevention, geriatric and dementia care, community mental health, and advocates for rights of individuals with mental illness.	Everyone	English, Hindi	Psychosocial rehabilitation · Geriatric & dementia care · Suicide prevention · General distress · Rights advocacy	6361612525 9822562522 0832-2260080		https://cooj.co.in	10am–4:30pm	No	Yes	Goa-based. Unique focus on geriatric care, dementia, and mental health rights advocacy.