

India-wide Verified Mental Health Crisis Helplines

Click on the number, get redirected to the phone dial pad

Pan India helplines

Tele-Manas: 14416

Vandrevala Foundation: 9999666555
Fortis Hospital National Helpline: 91-8376804102

Emergency Response Support System

112

Chandigarh
ASHA Helpline
0172-2660078
0172-2660178
24x7

Assam
Arpita Suicide
Prevention Helpline
080-23655557
080-23656667
10am-10pm
Monday to Sunday

Gujarat
Jeevan Aastha Helpline
18002333330
24x7

West Bengal
Lifeline Foundation
9088030303
+91 33 48043620
9163940404
10am-10pm
Monday to Sunday

Maharashtra
Mpower
1800-1208-20050
24x7

Madhya Pradesh
Spandan
073893 66696
096308 99002
24x7

Telangana
One Life
7893078930
24x7

Goa
COOJ
6361612525
1pm-7pm

Karnataka
Sahai Helpline
08025497777
10am-5:30pm

Kerala
Maithri Kochi
+91-0484-2540530
10am-7pm
Sunday to Saturday

LGBTQIA+ support helplines

Naz Dost
+91 8800329176
+91 (011) 47504630
10am-4pm

24/7 Elder helpline

Helpage Helpline
1800 180 1253
044-26444461
044-25322149

Technology addiction helpline

NIMHANS SHUT Clinic
English, Hindi, Kannada
Only On Fridays
9:30am - 4.30pm
9480829670
9480829675

Women helpline

Jagori Counselling and Support
Services for Women
Monday - Friday, 1st and 3rd Saturday,
9:30am - 5:30pm
+91 880 099 6640
+91 11 2669 2700

Sexual health helpline

Tarshi
Hindi, English
9.00am-5:30pm
011 26324023
011 26324024

Collaboratively compiled by the Augmenta Health Team

Disclaimer: Helpie is a suicide prevention platform developed as a public health initiative by Augmenta Health Pvt. Ltd. While this list includes verified mental health helplines across India, Helpie does not manage or operate these services and is not responsible for their functioning, availability, or quality.

Users are encouraged to exercise discretion and verify details before use.

(Information last verified in March 2026).