

Pan India Verified Mental Health Crisis Helplines

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

www.helpie.co.in



24x7 National Helpline

Tele-Manas: 14416

Vandrevala Foundation

9999666555

Assam

Arpita Suicide Prevention Helpline

10am-10pm
Monday to Sunday

080-23655557

080-23656667

West Bengal

Lifeline Foundation

10am-10pm
Monday to Sunday

9088030303

3348043620

9163940404

Chandigarh

ASHA Helpline

24x7

0172-2660078

0172-2660178

Madhya Pradesh

Spandan

24x7

073893 66696

96308 99002

Gujarat

Jeevan Aastha Helpline

24x7

18002333330

Maharashtra

Mpower

24x7

1800-1208-20050

Telangana

One Life

24x7

7893078930

Goa

COOJ

1pm-7pm

6361612525

Karnataka

Helpie Mental Health Crisis Line

(9am to 9pm)

08045901234

Sahai Helpline

08025497777

10am-5:30pm

Kerala

Maithri Kochi

10am-7pm

Sunday to Saturday

+91-0484-2540530

LGBTQIA+ support helplines

Naz Dost

8800329176

01147504630

10am-4pm

Technology addiction helpline

NIMHANS SHUT Clinic

English, Hindi, Kannada

Only On Fridays

9:30am - 4:30pm

9480829670

9480829675

Helplines for Persons with Disability (PWDs)

Disability helpline

9415578606

Nayi Disha Helpline for Intellectual Disability

8448448996

24/7 Children and Adolescent helpline

1098

24/7 Elder helpline

Helpage Helpline

18001801253

04426444461

04425322149

Sexual health helpline

Tarshi

Hindi, English

9.00am-5:30pm

01126324023

01126324024

Women helpline

Jagori Counselling and Support Services for Women

Monday - Friday, 1st and 3rd

Saturday, 9:30am - 5:30pm

8800996640

01126692700

Cyber Crime helpline

1930



Collaboratively compiled by the team at the Helpie Mental Health Crisis Helpline

Disclaimer: The Helpie team exclusively manages the Helpie Mental Health Crisis Line (Karnataka).

While this list features verified helplines across India, Helpie is not responsible for the functioning, availability, or quality of services provided by other helplines listed. Users are encouraged to exercise discretion and verify details before use.

(Information last verified in August 2025)