

Mental Health Help Line Numbers

 healthyknots.com/mental-health-helpline-numbers/

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All India Mental Health Helpline Numbers.

Kiran - National Mental Health Helpline

India's First 24/7 National Mental Health Rehabilitation Helpline The helpline aims to provide early screening, first-aid, psychological support, distress management, mental well-being, and psychological crisis management.

Time: 24x7 | All days of the week

Language: हिंदी, English, தமிழ், मराठी, ୟୁଶା କରେ, తెలుగు, മലയാളം, ગુજરાતી, ਪੰਜਾਬੀ, ಕನ್ನಡ, বাংলা, اردو

Helpline: 1800-599-0019

Voice That Cares

Voice That Cares is a public helpline that provides psychosocial counselling support on a wide range of mental health concerns ranging from anxiety, fear and stress to pandemic induced issues..

Time: 9am-9pm | 7 days a week

Language: हिंदी, English

Helpline: 8448-8448-45

Vandrevala Foundation

Cyrus & Priya Vandrevala Foundation is a non-profit organisation that aims to provide significant funding and aid contributions for those suffering from mental health problems and illnesses in India.

Time: 24x7 | All days of the week

Language: हिंदी, English, தமிழ், मराठी, ଝୁଣା କରେ, తెలుగు, മലയാളം, ગુજરાતી, ਪੰਜਾਬੀ, ಕನ್ನಡ, বাংলা, اردو

Helpline: 9999 666 555 | WhatsApp: +1(256)6662142

iCALL

is a telephone and email based counselling service , that offers free telephone and email-based counseling services, to individuals in emotional and psychological distress, across age, language, gender, sexual orientation and issues, through a team of qualified and trained mental health professionals..

Time: 08:00 AM - 10:00 PM | Monday to Saturday

Language: हिंदी, English, मराठी, বাঙালি, తెలుగు

Helpline: 9152987821

Attention: Healthy Knots does not own, operate or control the helpline numbers listed here. The helpline numbers are listed for referral purposes only, we do not make any recommendations or guarantees regarding the quality of response and medical advice you might receive from any of the given helplines. Healthy Knots disclaims all liability for damages of any kind arising out of calls made to these helpline numbers.

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