

Resources for your mental health



Helplines offering free crisis counselling:

- iCall Helpline: +9122-25521111
<https://icallhelpline.org/>
- Samaritans: +91 84229 84528
<http://samaritansmumbai.org/>
- Asara: +91-9820466726
<http://www.aasra.info/helpline.html>

Other orgs for psychology & psychiatry:

- Praan Foundation:
<https://praanfoundation.org/>
- Therapize India:
<https://www.therapizeindia.com/>
- Prafulta Centre, Mumbai:
<https://prafultaandheri.org/>
- Hello Therapy:
<https://hellotherapy.netlify.app/>