

SUICIDE PREVENTION HELPLINES

This is a list of suicide prevention helplines in India. The names and numbers of the organizations mentioned below were sourced from information available on their websites. This is not an exhaustive list of all suicide prevention helplines. The Manasu Project is not liable for any changes in information.

Sr. No	Helpline	Number	Timings/Days
1	Sarathi	104	24 x 7
2	Asha	1722735436 1722735446	8am to 7pm Monday to Saturday
3	Arogya Seva: Health Care and Health Counselling Center	104	24 x 7
4	Sumaitri	011 23389090	Monday to Friday - 2pm to 10pm Saturday and Sunday - 10 am to 10pm
5	Snehi	011 65978181	2pm to 6pm Monday to Sunday
6	Sanjeevani	011 24311918 011 24318883 26862222 26864488 40769002	Monday to Saturday 10am to 5:30pm
7	Fortis Stress Helpline	8376804102	24 x 7
8	COOJ Mental Health Foundation	8322252525 9822562522	Monday to Friday 3pm to 7pm
9	Saath	7926305544 7926300222	Monday to Sunday 1pm to 7pm
10	Jeevan Aastha	18002333330	24 x 7
11	Kashmir Lifeline	18001807020	Sunday to Thursday 10am to 5pm
12	The Sara	9697606060	Monday to Sunday 10am to 5pm
13	Chikitsa Salah	104	24 x 7
14	Jeevan Suicide Prevention Helpline	06576453841 0657655555	Monday to Sunday 10am to 6pm
15	Parivarthan Counselling	7676602602	Monday to Friday 4pm to 10pm

16	SAHAI	080 25497777 9886444075	Monday to Saturday 10am to 8pm
17	Sa-Mudra Yuva	9880396331	24 x 7
18	Arogya Sahayavani	104	24 x 7