

# Mental Health Crisis & Emergency Helplines

India — Comprehensive Directory 2025

Free • Confidential • Available across India

## IF SOMEONE IS IN IMMEDIATE DANGER — CALL FIRST

Police: **100** | Ambulance: **102** | National Emergency: **112** | Tele-MANAS: **14416** | KIRAN: **1800-599-0019**

All helplines listed are FREE

Calls are CONFIDENTIAL — your identity is protected

Services available in multiple Indian languages

If a line is busy, please try again or call another helpline

## NATIONAL HELPLINES (Available across all of India)

Organisation	Number(s)	Hours	Languages / Notes
Tele-MANAS (Govt. of India — MoHFW)	14416 1800-891-4416 (toll-free)	24 x 7	20 Indian languages; free; absorbed KIRAN helpline
KIRAN Mental Health (MoSJE, Govt. of India)	1800-599-0019 (toll-free)	24 x 7	13 languages; anxiety, OCD, PTSD, suicide, substance abuse
Vandrevala Foundation	9999 666 555 1860-266-2345 / 1800-233-3330	24 x 7	English, Hindi + 9 regional languages; WhatsApp support
iCALL — TISS (School of Human Ecology)	9152987821 022-25521111	Mon–Sat 10 am – 8 pm	Free; professional counsellors; email: icall@tiss.edu
AASRA	+91 9820466726	24 x 7	English & Hindi; suicide prevention; confidential
Fortis Stress Helpline	+91 8376804102	24 x 7	Operated by Fortis Healthcare; stress, anxiety, depression
MPower Minds (Aditya Birla)	1800-120-820050 (toll-free)	24 x 7	Free; multiple languages; professional counsellors
Connecting Trust	1800-843-4353 +91-9922001122	Daily 12 pm – 8 pm	Suicidal thoughts; emotional support; free & confidential
Snehi	044-24640050	Daily 8 am – 10 pm	Emotional support; dignity & well-being focus
Mann Talks	8686139139	Mon–Sun 9 am – 8 pm	Counselling & peer support
Parivarthan iCall (Voice That Cares / VTC)	+91 7676602602	Mon–Fri 4 pm – 10 pm	PAN-India; psychological first aid; Ripples of Change
NIMHANS Helpline (Bangalore)	080-46110007	Mon–Sat 9 am – 1 pm	Govt. institute; trained professionals

## STATE-WISE HELPLINES

State / Region	Organisation	Number(s)	Hours
Delhi / NCR	Sumaitri	011-23389090 011-46018404 / 9315767849	Mon–Fri 2–10 pm Sat–Sun 10 am–10 pm
Delhi / NCR	Sanjeevani	011-26862222 011-26864488 / 011-40769002	Mon–Sat 10 am–5:30 pm
Delhi / NCR	Snehi Delhi	011-65978181	Daily 2 pm – 6 pm
Maharashtra	The Samaritans Mumbai	+91 84229 84528 +91 84229 84529 / 84229 84530	Daily 3 pm – 9 pm
Maharashtra	Maitra Helpline	022-25385447	Mon–Sat 9 am–9 pm Sun 9 am–1 pm

State / Region	Organisation	Number(s)	Hours
Maharashtra	Hitgaj (BMC / KEM Hosp.)	022-24131212	24 x 7
Maharashtra	Muktaa Mental Health (Pune)	7887889882 / 080-69267931	Mon–Sat 12 pm–8 pm
Maharashtra	Nagpur Suicide Prevention	8888817666	Available daily
Maharashtra	Jeevan Helpline (Jamshedpur)	0657-6453841 / 0657-6555555	Daily 10 am–6 pm
Karnataka	Vandrevala – Bengaluru	9999 666 555	24 x 7
Karnataka	SAHAI	080-25497777 / +91-9886444075	Mon–Sat 10 am–8 pm
Karnataka	Parivarthan Counselling	+91 7676602602	Mon–Fri 4–10 pm
Karnataka	We-Care (Bengaluru Police/NIMHANS)	8277946600	Available daily
Karnataka	Mitram Foundation	080-25722573 / 9019708133	Daily 10 am–4 pm
Tamil Nadu	Snehi Chennai	044-24640050	Daily 8 am–10 pm
Tamil Nadu	COOJ Helpline (also Goa)	+91 8322252525 / +91 98225 62522	Weekdays 3–7 pm
Tamil Nadu	Mann Talks	8686139139	Mon–Sun 9 am–8 pm
West Bengal	Lifeline Foundation (Kolkata)	033-24637401 / 033-24637432 9088030303 / 03340447437	Mon–Sun 10 am–6 pm
West Bengal	NIBS (Kolkata)	+91-98364 01234 +91-033-2286 5603	Mon–Fri 6–10 pm
Gujarat	Saath (Ahmedabad)	+91 79-26305544 / +91 79-26300222	Daily 1 pm–7 pm
Gujarat	Jeevan Aastha (Gandhinagar)	1800-233-3330	24 x 7
Rajasthan	Spandan	+91 9630899002 / +91 7389366696	24 x 7
Rajasthan	Sanjivani	1253 / 0761-2626622	Available daily
Telangana	Roshni Trust (Secunderabad)	040-66202000 / 040-66202001 8142020033	Mon–Sat 11 am–9 pm
Telangana	Vandrevala Foundation	9999 666 555	24 x 7
Kerala	Vandrevala Foundation	9999 666 555 (Malayalam)	24 x 7
Kerala	DISHA Helpline	1056 / 0471-2552056	24 x 7
J & K	Kashmir Lifeline	1800-180-7020	Sun–Thu 10 am–5 pm
J & K	The Sara (Jammu)	+91 9697606060	Daily 10 am–5 pm
Goa	COOJ Mental Health Foundation	+91 8322252525 / +91 98225 62522	Weekdays 3–7 pm
Sikkim	Suicide Prevention Helpline Gangtok	221152 / 18003453225	24 x 7
Jharkhand	Chikitsa Salah Health Helpline	104	24 x 7

## SPECIALISED & CONDITION-SPECIFIC HELPLINES

Helpline	Focus Area	Number	Hours
CAN-HELPER (Tata Memorial, Mumbai)	Cancer-related anxiety & depression	09511948920	Daily 10 am–6 pm
Sa-Mudra Yuva Helpline	Youth mental health (Karnataka)	+91 9880396331	24 x 7
Speak2US (Madurai)	Psychological assistance	9375493754	Available daily
Arpita Foundation (Bengaluru)	Suicide prevention, Eastern India	080-23655557 / 080-23656667	Available daily
Ankahee Helpline	Suicidal ideation, emotional support	Available via website	Check website
Pukar Foundation	Emotional support (free, anonymous)	Check website	Available daily
International Bipolar Foundation	Bipolar disorder support	+91 8888817666	Available daily

## HOW TO USE THESE HELPLINES

1. **Stay calm.** Find a quiet place if possible before calling.
2. **Immediate risk?** Call 112 (emergency) or go to the nearest hospital ER.
3. **Language:** Tell the counsellor your preferred language at the start of the call.
4. **Busy line?** Try Tele-MANAS 14416 or Vandrevala 9999 666 555 — both are 24x7.
5. **For a friend/family member:** You may call on their behalf; counsellors can advise you too.
6. **Follow-up:** Helplines can refer you to local mental health professionals or hospitals.

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*Sources: Tele-MANAS (MoHFW, Govt. of India) · KIRAN (MoSJE) · iCall-TISS · AASRA · The Live Love Laugh Foundation · Indian Psychologists Network · AASRA helpline directory · Vandrevala Foundation · Various state health departments. Information verified as of 2025. Numbers may change; please verify before publishing. This document is for informational purposes only and does not constitute medical advice.*

***Compiled for mental health awareness. Please share responsibly.***