

# Get Help Now

We are “Here for You” a team of well qualified Consultant Psychiatrists and Psychiatry Residents (same old link) are available round the Clock 24\*7\*365 days in the Medical College and Hospital in SRM Campus.

If you're currently feeling suicidal or want help for any acute condition. You can walk in anytime in the 24\*7 casualty/Emergency Room and someone will be there to assist you.

You can walk in to the HOSPITAL with your OPD card in the 1st Floor Psychiatry OP for a consultation, during OP hours from 8 am to 3 pm. We insist on coming with a friend or someone you trust for the 1st consultation, for proper History and treatment, for subsequent visits getting someone along is optional.

We extremely value your privacy and all the information your share with us is kept strictly confidential.

Alternatively, if you want to talk with someone anonymously, we can provide you with Contact details of organisations which can provide with telephonic help.

Note: The Principal investigator isn't responsible for the quality of assistance, and availability of help from these helplines, all information has been taken from the Public Forum. We sincerely urge you to visit the SRM Hospital for best treatment and Care.

---

Fortis Exam Helpline - +918376804102

The Fortis National Helpline number is for students or parents with queries related to stress, mental wellbeing, exam tips or even to consult a team of experts and behavioural psychologists.

24 X 7

---

iCALL - 022-25521111 / ICALL@TISS.EDU

iCall is a service from TISS, run by trained mental health professionals. iCALL provides emotional support, information and referral services to individuals in psycho-social distress, across the life span and across different gender and sexual identities.

MONDAY TO SATURDAY, 8 AM - 10 PM

---

PARIVARTHAN Counselling, Training and Research Centre - 080- 65333323

Providing multimodal services in the field of mental health, this Helpline is serviced by trained, professional counsellors.

4 PM - 10 PM, MON - FRI

---

Sahai - 080-25497777 / SAHAHELPLINE@GMAIL.COM

This helpline is a service provided by Medico Pastoral Association (MPA) and is run by trained active volunteers. If any caller requires face to face counselling, they are referred to MPA counsellors who are fully trained.

10 AM- 8 PM MONDAY TO SATURDAY

---

Sumaitri - 011-23389090 / FEELINGSUICIDAL@SUMAITRI.NET

A crisis intervention centre for the depressed, distressed and suicidal. The Helpline provides unconditional and unbiased emotional support to callers, visitors or those who write in.

2 PM- 10 PM MONDAY TO FRIDAY; 10 AM - 10 PM SATURDAY AND SUNDAY

---

AASRA - 022-27546669 / AASRAHELPLINE@YAHOO.COM

Working in the area of mental health, and providing emotional support AASRA offers a helpline service and walk-in center. The Helpline is answered by professionally trained volunteers who provide non-judgmental and non-critical listening.

24 HOURS

---

Sneha - 044-24640050 (24 HOURS) / 044-24640060 8 AM - 10 PM /  
HELP@SNEHAINDIA.ORG

A suicide prevention organisation that offers emotional support for the depressed, desperate and the suicidal.

---

Lifeline - LIFELINEKOLKATA@GMAIL.COM - 033-24637401 / 033-24637432

Lifeline offers a free tele-helpline providing emotional support to people who are in despair, depressed or suicidal. Face to face befriending with prior appointment is also available.

10 AM - 6 PM

---

COOJ Mental Health Foundation - 0832-2252525 / YOUMATTERBYCOOJ@GMAIL.COM

This helpline offers emotional support individuals dealing with suicidal thoughts, as well as those experiencing other levels of distress. It is run by volunteers trained in Mindfulness Based Active Listening.

3 AM - 7 PM, MONDAY - SATURDAY

---

Vandrevala Foundation - 1860-266-2345 /  
1800-233-3330 / HELP@VANDREVALAFoundation.COM

This organization is run by trained counsellors and is 24x7

Roshni - +9140 - 6620 2000 / 6620 2001 /

+914066202000

They are run by trained volunteers and their special services include depression, distress and suicide

11AM - 9 PM ,MONDAY-SATURDAY

---

Connecting...NGO - 1800-843-4353

They are run by trained volunteers and their special services include awareness and psychoeducation programs

2 PM - 8 PM MONDAY- SATURDAY

---

Samaritans Mumbai - +91 84229 84528 / +91 84229 84529 / +84229 84530 /

TALK2SAMARITANS@GMAIL.COM

They are run by trained volunteers and their special services include depression, suicide and stress. They are available on email, phone and in-person free services.

3 PM - 9 PM, MONDAY TO SUNDAY