

Hi! Please find below the list of :-

**From Pg. 2-4:** Mental health apps (which support and help with the process of management and coping during times of distress; some apps provide online therapists too)

**Pg.5-6 :** Mental Health Practitioners (psychologists, psychotherapists) and organisations which provide the same.

**Pg.7:** Suicide helpline numbers

**Pg.7:** Includes the link to The Pink List India's post on Instagram which has details of queer-friendly, inclusive mental health practitioners , specifically catering to the LGBTQ+ community.

**Pg.8:** a) Domestic Violence Helpline Numbers and Organisations which provide pro-bono legal aid and shelter.

b) A link to The Silent Sexism's post which includes the list of organisations pan-India which help with legal aid and counselling for survivors of Domestic abuse.

*I've tried my best to include apps which are mostly free and available both on iOS and Android and most of the mental health practitioners that I've included in the list charge a nominal fee.*

Note: If you're an inclusive mental health practitioner, who provides their services for free or charge only a nominal fee, please reach out to me and I'll include your name!

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IG: <https://www.instagram.com/epcita/>

### **Disclaimer :**

- a) Please note that the apps are an aid in treatment but do not replace it.
- b) For people who are diagnosed with mental disorders, medicines provided by the psychiatrists might be imperative to take along with therapy.
- c) Please do not self diagnose on the basis of the apps or just a few sessions with the psychologist. Let the doctors observe you and mention your diagnosis. Clinical depression, anxiety disorders, O.C.D. are not the same as temporary sadness or pain.
- d) The therapists and their contact details are listed for referral purposes only.

You'd find the particular abbreviations below :

**\*C.B.T :** Cognitive Behavioural Therapy. (CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies )

**\*A.C.T. :** Acceptance and Commitment Therapy. (ACT invites people to open up to unpleasant feelings, and learn not to overreact to them, and no avoid situations where they are invoked)

**\*D.B.T.:** Dialectical behavior therapy (DBT is based on CBT, with greater focus on emotional and social aspects. DBT was developed to help people cope with extreme or unstable emotions and harmful behaviours)

<b><u>Names of the apps</u></b>	<b><u>Details</u></b>	<b><u>Cost</u></b>	<b><u>Availability</u></b>
<b>WYSA</b>	Stress, Depression and anxiety therapy by a chatbot. Person to person therapy is also available.	350/- per session for the interpersonal session	iOS and Android
<b>What's Up?</b>	Uses some methods of Cognitive Behavioural Therapy (C.B.T) and Acceptance Commitment Therapy (A.C.T) to help people cope with depression, anxiety and/or stress and anger issues.	Free of cost	iOS and Android
<b>Mind Shift</b>	Helps coping with anxiety	Free of cost	iOS and Android
<b>CBT Thought Record Diary</b>	Helps identify and cope with patterns of distorted and negative thinking	Free of cost	iOS and Android
<b>eMoods</b>	A mood tracking app designed specifically for people with bipolar disorder.	Free of cost	iOS and Android
<b>Moodtools</b>	Has videos, thought diaries and activities to support people with clinical depression anxiety	Free of cost	iOS and Android
<b>Recovery Record</b>	An app for anyone recovering from an eating disorder and wanting to develop a more positive body image	Free of cost	iOS and Android
<b>Lifesum</b>	An app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. Specifically for people with eating disorders.	Free of cost	iOS and Android
<b>InnerHour Self-Care Therapy - Anxiety &amp; Depression</b>	Has self-help courses and activities	Free of cost but has	iOS and Android
<b>MoodSpace</b>	Helps identify and cope with depression, anxiety and low mood	Free of cost	iOS and Android
<b>Rootd</b>	Tools and exercises to help with anxiety issues and panic attacks. Especially for people with anxiety disorders	Free of cost	iOS and Android
<b>Sanvello for Stress, Anxiety &amp; Depression</b>	Uses some methods of Cognitive Behavioural Therapy (C.B.T) and Acceptance Commitment Therapy (A.C.T) to help people cope with depression, anxiety and/or stress and anger issues.	Free of cost	iOS and Android

<b>Youper</b>	Managing Emotional Health through Artificial Intelligence	Free with in-app purchases	iOS and Android
<b>Psychiatry Pro-Diagnosis,Info,Treatment, CBT &amp; DBT</b>	Has a test for Diagnose Mental Health Disorders and then gives information about Diseases & Treatment options which includes Pharmacotherapy, Psychotherapy & then also offers Interactive Disorder specific detailed Self-help CBT courses.	Free of cost	iOS and Android
<b>ACT iCoach: Acceptance Commitment Therapy App</b>	It covers all aspects of Acceptance Commitment Therapy or ACT.	Free of cost	iOS and Android
<b>nOCD</b>	Specifically for people with Obsessive Compulsive Disorder. An app designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment	Free of cost	iOS
<b>UCSF PRIME</b>	Specifically for people with Schizophrenia. It connects people with schizophrenia to their peers through a social network style interface. It also lets users track “challenge goals,” things they’d like to accomplish or improve about themselves.	Free with in-app purchases	Android
<b>DBT Travel Guide</b>	This app is meant for people with borderline personality disorder (BPD) problems who are following a Dialectical Behaviour Therapy (DBT) programme or want to start with such a programme.	Free with in-app purchases	Android
<b>Don't panic - Depression and panic help</b>	This app provides coping and management modules for : depression, anxiety & panic attacks, self-harm, suicidal thoughts, mood monitoring, eating disorder and professional help resources.	Free with in-app purchases	iOS and Android
<b>Calm Harm</b>	Provides tasks to help you resist or manage the urge to self-harm.	Free of cost	iOS and android
<b>Angrrr - Anger management simplified.</b>	Angrrr is a comprehensive anger management app designed to help you deal with anger and the stress associated with it.	Free of cost	Android

<b>LGBTQ Counseling - Therapy for Community Members</b>	It delivers a unique online expert counselling service - that is focused on and provided exclusively for members of the LGBT community	Paid counselling sessions	Android
<b>Woebot</b>	Stress, Depression and anxiety therapy by a chatbot.	Free of cost	Android
<b>Liberate: My OCD Fighter</b>	Specifically for people with Obsessive Compulsive Disorder. Management and Coping	Free of cost	Android
<b>7 Cups - Anxiety &amp; Stress Chat</b>	Anonymous emotional support and counselling on-demand from trained active listeners and therapists.	Free with in-app purchases	iOS and Android
<b>TalkLife</b>	TalkLife connects one with real people around the world who want to listen and support you. It's like a support community.	Free of cost	iOS and Android
<b>Happify</b>	Consists of games and activities borrow from positive psychology, CBT, and mindfulness	Free with in-app purchases	iOS and Android

**List of Mental Health Practitioners:**

<b><u>Name of the people/organisations</u></b>	<b><u>Contact details (Mobile number/ email id/ Website/)</u></b>	<b><u>Fee</u></b>	<b><u>Location</u></b>	<b><u>Mode of counselling</u></b>
Ana Khan Organisation : Raahat Counselling Services	+918657607196 <a href="mailto:rajat.counselling@gmail.com">rajat.counselling@gmail.com</a>	800-2000/-	Mumbai	Online, voice calls, video calls, face to face
Rashi Sinha Organisation: Mind Piper	+918383887084 <a href="mailto:rashi@mindpiper.in">rashi@mindpiper.in</a>	800/-	Delhi	Online, voice calls, video calls, face to face
Organisation: Pause for Perspective	+919490708947; 8160864001 <a href="mailto:aarathi@pauseforperspective.com">aarathi@pauseforperspective.com</a>	Depends on the case	Hyderabad	Online, voice calls, video calls, face to face
Organisation : The Alternative Story	+917428292922 <a href="mailto:hello@alternativestory.in">hello@alternativestory.in</a>	Some therapists charge 1199-1499 but they have an option of the therapists charging from Rs.299	Bangalore and Mumbai	Online, voice calls, video calls, face to face
Organisation : Zariyaa (Multiple Therapists Available)	8920081997 (Ishita Gogia- Founder) <a href="http://www.zariyaaa.com/">http://www.zariyaaa.com/</a>	First session is 800/-, post which there's an option to opt between art therapy or C.B.T	Delhi	Online, voice calls, video calls, face to face
Ishita Gupta Organisation: Breakthrough Counselling	+9183084898144; +919619681664 <a href="mailto:breakthroughcounsel@gmail.com">breakthroughcounsel@gmail.com</a>	750/-	Mumbai	Video calls and face to face
Anchal Narang	<a href="mailto:therapywithaanchal@gmail.com">therapywithaanchal@gmail.com</a>	800/-	Mumbai	Online, voice calls, video calls, face to face
Rajul Jagdish Organisation: Room, the Mindcare Space	+91-8431455791 <a href="mailto:roomthespace@gmail.com">roomthespace@gmail.com</a>	400-1500/-	Ahmedabad	Online, voice calls, video calls, face to face
Riddhima Shokeen Chawla	+91-9717499079	1000/-	Delhi	Online, voice calls, video calls, face to face

Rajat S	9890824249 <a href="mailto:srajat270@gmail.com">srajat270@gmail.com</a>	500/- for a 50 minutes session. But currently, as the lockdown is in places, he's charging Rs.250/- for 60 minutes.	Mumbai	Online, voice calls, video calls, face to face
Shraddha Sankulkar	9821324325		Mumbai	Online, voice calls, video calls, face to face
Dipti Joshi	+919152656025, 02612668962  <a href="http://www.drdiptijoshi.com/contact.html">http://www.drdiptijoshi.com/contact.html</a>	Case-to-case according to financial; background	Ahmedabad	Face-to-Face/Skype Sessions
Kaha Mind (Multiple Therapists Available)	<a href="https://www.kahamind.com/">https://www.kahamind.com/</a> Email: <a href="mailto:hello@kahamind.com">hello@kahamind.com</a> Insta DM: <a href="https://www.instagram.com/aa_kritijoanna/">https://www.instagram.com/aa_kritijoanna/</a>	Rs.500 to Rs.1000/-	India	Online therapy: call, chat and video calls).
Better lyf (Multiple Therapists Available)	<a href="https://www.betterlyf.com/">https://www.betterlyf.com/</a>	Case to case	India	Online, voice calls, video calls, face to face
Meher Contractor The Hearing touch	<a href="http://www.thehearingtouch.com/">http://www.thehearingtouch.com/</a> +91-7767000329	500/- to 700/-	Pune	Online, voice calls, video calls, face to face
Sumbul Alladin	+91-9246505756 <a href="mailto:symbol.alladin@gmail.com">symbol.alladin@gmail.com</a>	2000/-	Hyderabad	Online therapy: call, chat and video calls

Inner Sight (Multiple therapists available)	<a href="http://www.innersight.in/">http://www.innersight.in/</a>	Case to case	Bangalore, Chennai, Delhi, Hyderabad, Pune, Mumbai & Kolkata	Online therapy: call, chat and video calls
The Live Love Laugh foundation: (Doesn't connect with therapists but has an entire list of psychologists available for different parts of the country.)	<a href="https://thelivelovelaughfoundation.org/therapist.html">https://thelivelovelaughfoundation.org/therapist.html</a>		India	

Hank Nunn Institute (Group of therapists)	+917338137182 coordinator@hanknunninstitute.org Website: Hanknunninstitute.com	Pay What You Can. Work on donations.	Bangalore, Delhi and Jaipur	Online and face to face
Heart it out (Group of Therapists)	+91 7892551372 hello@heartitout.in	Case to case (A Brief Relief is a short online therapy session offered by Heart It Out, which is absolutely free)	Bangalore	Online and face to face

Aarogya Seva	+080-47179998 COVID-19 Mental Health Helpline	10 a.m. to 6 p.m.	Pan-India	Helpline. (Available in- English, Hindi, Telugu, Karnataka)

#### **Suicide helpline numbers (India) :**

1. AASRA (<http://www.aasra.info>) : 022 2754 6669; 09820466726  
Vandrevala Foundation :18602662345
2. Sneha Foundation India :+914424640050
3. India: International Bipolar Foundation : +91-8888817666
4. Nowandme.com- <https://nowandme.com/>
5. Roshini NGO : +914066202000
6. Sneha Foundation India : +914424640050

#### **The Pink List India: a list of queer-friendly, inclusive mental health practitioners**

[https://www.instagram.com/p/B\\_kQ4lcp\\_Lc/?igshid=sc4448j9944s](https://www.instagram.com/p/B_kQ4lcp_Lc/?igshid=sc4448j9944s)

Website: <https://www.pinklistindia.com/mentalhealth/>

**Domestic violence/abuse helpline numbers and organisations:**

1. All India (24x7) : 1091 (A toll-free number that is answered by women in the police force; provides immediate rescue for distressed women)
2. National Commission for Women has launched a Whatsapp number +91- 7217735372 -to send an alert regarding domestic violence for the ongoing period of Covid-19.
3. Pro Bono Legal Aid - Karan: +91-9810941900; Tanvi: +919717031377
4. Zehra (For counselling) [justmezehra@gmail.com](mailto:justmezehra@gmail.com)
5. Counsellors/Therapists :  
 -Disha Sampat : +91 9664754205 ; [dishasampat.dmt@gmail.com](mailto:dishasampat.dmt@gmail.com)  
 - Purwai Pravah: +91 8800753522
6. The Safe Space: A domestic violence and sexual assault prevention and awareness program that assists victims and survivors. <http://www.safespaceonline.org/>
7. **The Silent Sexism** : <https://tinyurl.com/yb2auxwb>

Apart from that, below is a table of helpline numbers for women in distress :

<b>Central Social Welfare Board -Police Helpline</b>	<b>1091/ 1291, (011) 23317004</b>
<b>Shakti Shalini</b>	<b>10920</b>
<b>Shakti Shalini - women's shelter</b>	<b>(011) 24373736/ 24373737</b>
<b>SAARTHAK</b>	<b>(011) 26853846/ 26524061</b>
<b>JAGORI</b>	<b>(011) 26692700</b>



<b>Joint Women's Programme (also has branches in Bangalore, Kolkata, Chennai)</b>	<b>(011) 24619821</b>
<b>Sakshi - violence intervention center</b>	<b>(0124) 2562336/ 5018873</b>
<b>Saheli - a women's organization</b>	<b>(011) 24616485 (Saturdays)</b>
<b>Nirmal Niketan</b>	<b>(011) 27859158</b>
<b>Nari Raksha Samiti</b>	<b>(011) 23973949</b>
<b>RAHI Recovering and Healing from Incest. A support centre for women survivors of child sexual abuse</b>	<b>(011) 26238466/ 26224042, 26227647</b>