

Help prevent the spread of COVID-19.

# Hyderabad Covid-19 Resources

This document contains a compiled list of COVID related resources from various sources to help those in need in these unprecedented times.

- 1 One stop resource
- 2 Medical Support
  - Oxygen Cylinders
  - Plasma Donors
  - Remdesivir
  - Tocilizumabt
  - Doctor Services
- 3 Food home delivery for quarantine members
- 4 Budget friendly Therapists and Psychologists.
- 5 Others

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*\*Please note that the resources have not been verified and 3F Oil Palm has no affiliations with any of the below.*

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# Hyderabad Covid-19 Resources

## ONE STOP RESOURCE

**Links which provides all the resources for  
COVID – 19 in Hyderabad & throughout India**

- <https://hydcovidresources.com>
- <https://covid19-twitter.in>
- <https://covidfightclub.org>
- If you are someone who needs such care and support or would like to volunteer, please send in a WhatsApp message (No Calls) to +918367374231 with as much details as possible.

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### PLASMA DONORS

- <https://plasmadonor.in/>
- <https://dhoondh.com>
- <http://needplasma.in/>
- <https://plasmaline.in/>
- <https://www.facebook.com/kamlaarorablessings/>
- Naveen Plasma Bank +91 85208 21058
- Rachaconda Covid Division +91 94906 17234
- Cyberabad Police Department: 9490616780
- Cyberabad Plasma Helpline: 9490617440
- Hyderabad Plasma Helpline: 9490616780
- Mr. Narayana Reddy: 9848044479
- Plasma Request: 9490617440/ 18662410978
- [www.telanganaplasmadonors.com](http://www.telanganaplasmadonors.com)
- <https://twitter.com/hydblooddonors>
- <http://donateplasma.hcsc.in/> for Hyderabad and call (+91-9490616780).
- [www.plasmaforyou.org](http://www.plasmaforyou.org) or Whatsapp Number: 7075037993
- <https://givered.in/> or Whatsapp Number : +91 – 7331101444
- Hyderabad Plasma Assistance: +91- 9490616555

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### OXYGEN CYLINDERS

- Hyderabad oxygen – 7207278701
- Liyagath Oxygen – 8008883980
- Oxygen suppliers – 9820420561
- Oxygen Concentration – 9100100009
- Baba Gas Oxygen • 9396589269
- Omar Bhai Oxygen – 9703344244
- Oxygen Main Cylinders 9581390865
- Md. Shaifuddin Malakpet– 8978187814
- Raza Oxygen – 7842979411
- Ayesha oxygen – 9985636501
- Ab Neem cylinders : 96421 55493/ 89772 68957
- Ashok Resmed CPAP oxygen: 81061 04701
- Keshav ucare oxygen: 9886123889
- Ramalinga Chary CPAP oxygen: 98669 71052
- Roza oxygen: 78429 79411
- Md shafiuddin oxygen malakpet: 89781 87814
- Fax Oxygen: 9989462127
- Hyderabad Oxygen: 7207278701
- Oxygen Sohail: 9849604810

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### OXYGEN CYLINDERS

- Irfan Bha Oxygen: 7680805522
- Abdul Aleem Oxygen: 9642355497/6977268957
- Al Oxygen Jaipally: 7799337286
- Asian Surgicals: 8639790960
- Ceygen suppliers: 9995636501
- Oxygen Cinders: 9320420651
- Oxygen Schal: 9849604810
- Rahim Patel Oxygen: 9160990033
- Md Shahuddin: 8978187814
- Mohd Karim: 9995636501
- Murali Krishna: 9885378287
- Naidu Oxygen: 9200305036
- Oxy Vision: 9991114386
- Oxygen Concentration: 9100100009



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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### REMDESIVIR

#### **AKSHAYA MEDICAL & SURGICAL AGENCIES**

Malkajgiri, Hyderabad 500037

E: akshayamedicalagencies@gmail.com

Ph: 8897058832/040-64565508

#### **GAUDEV & CO**

Punjagutta, Hyderabad 500082

E: gaudevcompany@yahoo.com

Ph: 040-65916729/9963107800

#### **PHARMA PLUS**

Secunderabad 500003

E: Pharmaplus.dis@gmail.com

Ph: 9930191705

#### **Vasu Vaccines & Speciality Drugs**

Khairatabad, Hyderabad 500029

E: vasugroup\_hnr@yahoo.co.in

Ph: 9248060717/9248060730

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### REMDESIVIR

#### SVS PHARMA (FMSPL)

Khanamet village, Hyderabad 500081

E: [purchase@svsfmp.com](mailto:purchase@svsfmp.com)

Ph: 9100102458

#### NOVACARE HEALTHCARE SOLUTIONS

Secunderabad 500025

E: [hyd@novacare.in](mailto:hyd@novacare.in)

Ph: 04066770909

#### OLIVE HOSPITALS

Mahdipatnam Hyderabad 500024

E: [santoshm@olivehospitals.com](mailto:santoshm@olivehospitals.com)

Ph: 9133946000

#### APOLLO HOSPITALS

Jubille Hills, Hyderabad

E: [yuvaraj\\_ar@apollopharmacy.org](mailto:yuvaraj_ar@apollopharmacy.org)

Ph: 9980377553

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### REMDESIVIR

#### MALLAREDDY NARAYANA HOSPITAL

Jeedimetla, Hyderabad 500055

E: [purchase@mrghospitals.org](mailto:purchase@mrghospitals.org)

Ph: 8886289944

#### DIANSUCARE PHARMACY

Mahdipatnam Hyderabad 500024

E: [dr.ravikumar@ravihospitals.com](mailto:dr.ravikumar@ravihospitals.com)

Ph: 9030144488

#### HYDERABAD INSTITUTE OF ONCOLOGY

Banjara Hills

E: [pharmacy@omegahospitals.com](mailto:pharmacy@omegahospitals.com)

Ph: 9100339990

#### SRI HOLISTIC HOSPITAL A UNIT OF RAMACHANDRA HEALTH SERVICES

E: [purchase2014srisriholistic@gmail.com](mailto:purchase2014srisriholistic@gmail.com)

Ph: 8886610110



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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### REMDESIVIR

#### MEDIHAUXE PHARMA

Mahdipatnam Hyderabad 500024

E: medint96@gmail.com

Ph: 04023715515/16/17/18

#### CENTRAL PHARMACY (KIMS HOSPITAL)

Kondapur, Hyderabad

E: kon.medipur@kimshospitals.com

Ph: 040-44186568

#### REGSON HEALTH CARE

Begumpet, Hyderabad

E: regsonhealthcare@gmail.com

Ph: 8879640426

#### SATYA DISTRIBUTORS

S R Nagar, Hyderabad 500038

E: satya.distributors16@gmail.com

Ph: 040-23704595

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### REMDESIVIR

#### AKSHAYA MEDICAL AND SURGICAL AGENCIES

Ph: 8897058832 / 040 64565508

#### HETERO DRUGS LTD

Kukatpally, Hyderabad

Ph: 9440871560 / 9440731560

#### MR.SRINIVAS, AZISTA INDUSTRIES

Moosapet X Road, Hyderabad

PH: 9440971560, 9440731560

*\*Please note that the resources have not been verified and 3F Oil Palm has no affiliations with any of the above.*

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### TOCILIZUMAB

#### AMRUTHA AGENCIES

E: [amrutha.agencies@gmail.com](mailto:amrutha.agencies@gmail.com)

Ph: 9866236660/08

#### AKSHAYA MEDICAL

E: [akshayamedicalagencies@gmail.com](mailto:akshayamedicalagencies@gmail.com)

Ph: 8897058832/040-64565508

#### PHARMA PLUS

Secunderabad 500003

E: [Pharmaplus.dis@gmail.com](mailto:Pharmaplus.dis@gmail.com)

Ph: 9930191705

#### VASU VACCINES & SPECIALITY DRUGS

Khairatabad, Hyderabad 500029

Ph: 9248060717/9248060730

#### GAUDEV & CO

Punjagutta, Hyderabad

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## MEDICAL SUPPORT

### TOCILIZUMAB

#### **SVS PHARMA (FMSPL)**

E: [purchase@svsfmp.com](mailto:purchase@svsfmp.com)

Ph: 9100102458

#### **NOVACARE HEALTHCARE**

Secunderabad 500025

E: [hyd@novacare.in](mailto:hyd@novacare.in)

Ph: 04066770909

#### **RAVINDRANATH GE MEDICALS**

Rangareddy 500072

E: [purchase@globalhospitalsindia.com](mailto:purchase@globalhospitalsindia.com)

Ph: 8886013535

#### **OLIVE HOSPITALS**

Mahdipatnam Hyderabad 500024

E: [santoshm@olivehospitals.com](mailto:santoshm@olivehospitals.com)

Ph: 9133946000

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### TOCILIZUMAB

#### APOLLO HOSPITALS

E: [yuvaraj\\_ar@apollopharmacy.org](mailto:yuvaraj_ar@apollopharmacy.org)

Ph: 9980377553

#### CENTURY SUPER SPECIALITY HOSPITALS

Banjara Hills, Hyderabad

E: [exe\\_opr1@centuryhospital.in](mailto:exe_opr1@centuryhospital.in)

Ph: 7660014138

#### NAVODAYA MEDICAL HALL

Maredpally 500003

E: [navodayapurchases@gmail.com](mailto:navodayapurchases@gmail.com)

Ph: 9100999603

#### SRI HOLISTIC HOSPITAL A UNIT OF RAMACHANDRA HEALTH SERVICES

E: [purchase2014srisriholistic@gmail.com](mailto:purchase2014srisriholistic@gmail.com)

Ph: 8886610110

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## MEDICAL SUPPORT

### TOCILIZUMAB

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Mahdipatnam Hyderabad 500024

E: medint96@gmail.com

Ph: 04023715515/16/17/18

#### **PACE MEDICALS – IP (OMRV HOSPITALS)**

Rangareddy 500019

E: hareesh@pacehospitals.in

Ph: 9849529897

#### **N MEDIZONE PHARMACY**

E: nmedizonepharmacy2014@gmail.com

Ph: 7416642030

#### **VENKATESHWARA ORTHO HEALTH CARE**

E: mypsrikara@yahoo.com

Ph: 9030214233

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### TOCILIZUMAB

#### RAVINDRA HOSPITALS (PHARMACY)

KamalaNagar, Hyderabad

E: Raveendra@doctor.com

Ph: 9866695958

#### REGSON HEALTH CARE

Ph: 8879640426

### DOCTOR SERVICES

#### ABUL HASNATH POLY CLINIC

Officers Colony, Hyderabad 500004

E: Raveendra@doctor.com

Ph: 9866695958

#### MAHMOODA HEALTH CARE

Ph: 8074445877/ 040-2457 7222

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# Hyderabad Covid-19 Resources

## MEDICAL SUPPORT

### DOCTOR SERVICES

#### HELPING HAND FOUNDATION

Online doctor consultation round the clock

Ph: 8790679505/ 7893191193

#### DR. SURESH RAJ SAXENA

Online consultation for mild to moderate covid infected

Ph: 9849377947

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# Telemedicine Doctor Volunteers for COVID-19

(updated 24/04/2021)

## ✓ For **FREE** advice on

- Mild COVID symptoms (that do not meet admission criteria)
- Guidance on treatment & monitoring
- Precautions
- Vaccination
- Assessing need for hospital admission

## ✗ Not for

- Finding beds, oxygen etc.
- Moderate/severe infection
- Multiple comorbidities
- Specialist advice
- Non COVID queries

## PLEASE STRICTLY FOLLOW THE SPECIFIED TIMINGS AND MODE OF CONTACT

### 8 AM – 10 AM

Dr. Rumisa +12813015745 English, हिंदी	Dr. Rasika 7738321602 English, हिंदी, मराठी	Dr. Himani 8237102946 English, हिंदी, తెలుగు, మరాఠీ	Dr. Harshitha K +14088069857 English, हिंदी, मराठी	Dr. Sravya 8008669166 (Text only) English, हिंदी, తెలుగు
	Dr. G. Greeshma 9391752399 English, हिंदी, తెలుగు	Dr. G. Mini 8897926496 (Text only) English, हिंदी, తెలుగు	Dr. Joel 6306971764 English, हिंदी, తెలుగు	

### 10 AM – 12 PM

Dr. Sai Chaitra 8328127599 (Text only) English, తెలుగు	Dr. Srujana 9381231922 (Text only) English, हिंदी, తెలుగు	Dr. Sai Lakhani 630621407 English, हिंदी, తెలుగు	Dr. Elizabeth 7337212087 English, हिंदी, తెలుగు	Dr. Zaheer 9030181507 (Text only) English, हिंदी, తెలుగు
	Dr. Swathi 8197446321 (Text only) English, हिंदी, తెలుగు	Dr. Moonika 9849941554 English, हिंदी, తెలుగు		

### 12 PM – 2 PM

Dr. Mohammad Ali 7013969677 (Text only) English, हिंदी, తెలుగు	Dr. Shariq 7093438690 English, हिंदी, తెలుగు	Dr. Mohammed Bilal Khan 8328285739 (Text only) English, हिंदी, తెలుగు	Dr. Keshvi 9625116803 English, हिंदी, ગુજરાતી	Dr. Shubhangi 8806636936 English, हिंदी
	Dr. Noora 7702968543 (Text only) English, हिंदी, తెలుగు	Dr. Marwa 9603729400 (Text only) English, हिंदी, తెలుగు	Dr. Safaa 9985604221 (Text only) English, हिंदी, తెలుగు	

### 2 PM – 4 PM

Dr. Asra 9398953758 English, हिंदी, తెలుగు, ગુ/	Dr. GRB Krishna 9981634321 (Text only) English, हिंदी, తెలుగు, గుజరాతీ	Dr. Syed Maaz 9985990512 English, हिंदी, తెలుగు	Dr. Vinender 9618080668 (Text only) English, हिंदी, తెలుగు	Dr. Akshay 9619146105 English, हिंदी, मराठी
Dr. Kaustubh 9136316348 (Text only) English, हिंदी, मराठी	Dr. Pranita 7702335533 English, हिंदी, తెలుగు, ગુજરાતી	Dr. Chethan 8790399355 English, हिंदी, తెలుగు	Dr. Ayesha 8306138064 English, हिंदी, తెలుగు, గు/	Dr. Siri 8008052224 (Text only) English, हिंदी, తెలుగు, తెలుగు

# Telemedicine Doctor Volunteers for COVID-19 (updated 24/04/2021)

✓ For **FREE** advice on

- Mild COVID symptoms (that do not meet admission criteria)
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- Assessing need for hospital admission

✗ Not for

- Finding beds, oxygen etc.
- Moderate/severe infection
- Multiple comorbidities
- Specialist advice
- Non COVID queries

**PLEASE STRICTLY FOLLOW THE SPECIFIED TIMINGS AND MODE OF CONTACT**

## 4 PM – 6 PM

Dr. Abhilash 9008136881 (Text only) English, తెలుగు, తెలుగు, తెలుగు	Dr. Nitharsha 9847174458 (Text only) English, తెలుగు	Dr. Meghana 7032974806 (Call only) English, हिंदी, తెలుగు	Dr. K S Ambedkar 8332977920 English, हिंदी, తెలుగు	Dr. Ruhi 7721915623 English, हिंदी, ગુજરાતી
Dr. Tammy 8767966315 (Text only) English, हिंदी	Dr. Neha 9321850549 (Text only) English, हिंदी, मराठी	Dr. Sanchitha 9741012993 (Text only) English, हिंदी, తెలుగు	Dr. Harshitha 8978295707 (Text only) English, हिंदी, తెలుగు	Dr. Aditi 9989465019 (Text only) English, हिंदी, తెలుగు, మరాఠీ

## 6 PM – 8 PM

Dr. Raksha 9398411443 (Call only) English, हिंदी, తెలుగు	Dr. Harish 9000788933 (Text only) English, हिंदी, తెలుగు, తెలుగు	Dr. Sai Sree 8790044650 (Text only) English, తెలుగు	Dr. Arman 9004607105 English, हिंदी, తెలుగు, మరాఠీ	Dr. Prathiyusha 8297397167 (Call only) English, తెలుగు
	Dr. Ramya 8978642040 (Text only) English, తెలుగు	Dr. Sanjana 9666622345 English, हिंदी, తెలుగు	Dr. MNVSR Harsha 9550585492 English, తెలుగు	

## 8 PM – 10 PM

Dr. Chandana 8668705939 (Text only) English, हिंदी, తెలుగు	Dr. Venu 6305893272 (Text only) English, हिंदी, తెలుగు, తెలుగు	Dr. Keerthana 8217502566 (Text only) English, తెలుగు	Dr. Yashwanth 8074607091 (Text only) English, हिंदी, తెలుగు	Dr. Baseer 8919452332 (Call only) English, हिंदी, తెలుగు
Dr. Safaa 9985604221 (Text only) English, हिंदी, తెలుగు	Dr. Silva Keerthana 8096936333 English, हिंदी, తెలుగు	Dr. Sharanya 9676838893 English, हिंदी, తెలుగు	Dr. Mazher 8309950838 English, हिंदी, తెలుగు	

## 10 PM – 12 AM

Dr. Mustafa 9347467627 English, తెలుగు, తెలుగు, తెలుగు	Dr. K Pranavi 9100013001 (Call only) English, తెలుగు, తెలుగు, తెలుగు	Dr. Prathiyusha 8328668208 (Call only) English, తెలుగు	Dr. N Anikith 8689253131 (Call only) English, తెలుగు, తెలుగు	Dr. Ifrah 7672828266 (Text only) English, తెలుగు, తెలుగు
Dr. Atif 7207395010 English, हिंदी, తెలుగు	Dr. Musharraf +447859562020 (Text only) English, हिंदी, తెలుగు, తెలుగు	<b>1 AM – 8 AM :</b> Dr. Kaushik +1 443 891 5707 (Text only), English, हिंदी <b>7:30 AM – 8:30 AM :</b> Dr. Tejaswini +1 716 705 7561 (Text only), English, हिंदी, తెలుగు		

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# Hyderabad Covid-19 Resources

## FOOD HOME DELIVERY

**The below mentioned are the data who are supplying food for COVID patients in Hyderabad.**

- @\_freekitchen\_
- @cookingbyasra
- Kodali Gopi Krishna – 9179350485
- Aryan's Bakehouse – 8638768120
- Home's Kitchen – 9121006852
- Prashansa Food – 6300258303
- Mom's Kitchen – 6302194824
- Puja Ki Rasoi – 8073298032
- Chef Jolly – 9848218309
- Janhavi Flavours of Home – 6300965328 / 6301192607
- Feed the Needy: 7995404040
- Instagram: [www.instagram.com/Feedtheneed8](https://www.instagram.com/Feedtheneed8)



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# Hyderabad Covid-19 Resources

## FOOD HOME DELIVERY

4 different cuisines at quickbites4... Hygienically prepared Homefood for more details 9676866111



**HOMEMADE FOOD**  
**Authentic Veg / Non Veg Food**  
**Monday To Sunday Four Different Cuisines**

**Pre Book Your Meal**  
**Home / Offices / Hospitals**  
**Delivery Charges Applicable\***  
**We are in Secunderabad\***

**SOUTH  
NORTH  
MUGHLAI  
CHINESE  
SALADS**

**CALL OR WHATSAPP @ 9676866111**



**Retro Meal - A Healthy Deal**  
Veg Combo Platter Only On Pre Order

Meal includes - Dal, Veg Curry, Pulkas, Rice & Salad.

Starting @ Rs.159 onwards

**Retro Junks** Phone: 9701059993

#GharJaisaKhana

**Home's Kitchen**

**Safe & Homely**  
Quarantine Meals  
With Contactless Delivery  
To Your Doorstep!



Call Us At:  
(+91) 91210 06852  
040-42606852

Download on the App Store  
GET IT ON Google Play



**Covid Quarantine Thali**  
We are your Family. With you, in your needs  
Serves you Hygiene, Healthy, Pure vegetarian Food (no onion, No Garlic)

Meal for 1 <b>Rs.130/-</b>	Meal for 2 <b>Rs.200/-</b>
2 - Curries	2- Curries
1 - Dal	1 - Dal
1 - Sambhar	1 - Sambhar
1 - Plain Rice	1 - Plain Rice
1 - Curd	1 - Curd
3 - Phulka	6 - Phulka
1 - Chutney	1 - Chutney

**Note : 14 days quarantine package**  
**Rs.1400 /-** **Rs.2520 /-**

Available for Lunch & Dinner  
Contact us for Pre-booking **9100230888**  
Order Online -    

**Wear Mask, Use Sanitizer, Follow Social Distance & Stay Safe**

\*Delivery charges applicable\*

www.muddapappu.com Kandala Vari Mudda Pappu

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# Hyderabad Covid-19 Resources

## THERAPISTS & PSYCHOLOGISTS

### **VANDREVALA FOUNDATION**

A 24/7 available helpline number for people who are experiencing distress or thoughts of ending their life.

Ph: +91 7304599836/37

E: [help@vandrevlafoundation.com](mailto:help@vandrevlafoundation.com)

### **FORTIS MENTAL HEALTH STRESS HELPLINE**

Ph: +91 8376804102

### **7 CUPS OF TEA**

An online chat based platform for support.

[www.7cups.com](http://www.7cups.com)

### **INDIAN PSYCHOANALYTIC SOCIETY**

Free counselling services.

Message: +91 9874124224

### **CHILDREN FIRST**

Online therapy services to people of all ages, across the globe.

Message: +91 9650044774

E: [pooja.jain@childrenfirstindia.com](mailto:pooja.jain@childrenfirstindia.com)

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# Hyderabad Covid-19 Resources

## THERAPISTS & PSYCHOLOGISTS

### **NIMHANS Toll Free Number**

They are offering telecounselling for a variety of mental health concerns.

Call on: 080 4611 0007

### **ICALL PSYCHOSOCIAL HELPLINE**

Free counselling services over telephone, email or chat.

Ph: 9372048501; 9920241248; 8369799513

Email: [icall@tiss.edu](mailto:icall@tiss.edu)

Chat: @nultaapp

### **SAMARITANS MUMBAI**

A helpline for emotional support. 7 days a week, 5pm to 8pm

Ph: +91 8422984528/29/30

E: [talk2samaritans@gmail.com](mailto:talk2samaritans@gmail.com)

### **THERAPY IN INDIA**

An organization that makes it easier to find a therapist near you.

They have an online database and several helpline numbers to access. [www.therapyinindia.com](http://www.therapyinindia.com)

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# Hyderabad Covid-19 Resources

## THERAPISTS & PSYCHOLOGISTS

### THE BLUE DAWN

Online reading circles and workshops on various topics such as Caste & Mental Health.'

### THE REFLECTIVE ARENA

Online support group to help navigate various concerns.  
Sliding scale fee options available.

### THE PINK PROJECT

Free online counselling services. Instagram DMs are also open for conversations.

### THE HANK NUNN INSTITUTE

Offers a host of online mental health workshops.

### YOUTH 4 PEACE HELPLINE

For the depressed, angry, stressed, fearful, anxious of alone.  
Ph: 7303762763 (10 am to 6 pm)

### CAREME HEALTH

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# Hyderabad Covid-19 Resources

## THERAPISTS & PSYCHOLOGISTS

### **EHSAAS CLINIC AT DR. B.R. AMBEDKAR UNIVERSITY**

Offers free therapy as well as therapy with a sliding scale fee

### **HANK NUNN INSTITUTE**

Provides group therapy for INR 500

### **YOURDOST**

Offers 24x7 counselling services starting at Rs 1199 for 2 weeks

### **MFINE**

Offers therapy starting at INR 350

### **PINKY MIND**

Offers therapy for INR 499.

### **PROJECT WITH LOVE**

Telephonic counselling with specific mental health social workers and psychologists. IG: @withlovewecare

### **MINDPEERS**

Ph: 9810066370

Help prevent the spread of COVID-19.

# Hyderabad Covid-19 Resources

## THERAPISTS & PSYCHOLOGISTS

## MENTAL HEALTH APPS

- Headspace: Mindfulness based guided meditation for various concerns.
- Calm: Breathwork for feelings of anxiety.
- Quit That!: An app for managing various types of addictions.
- PTSD Coach: An app to help with the various influences of trauma on people's lives.
- Mind Shift: An app designed for teens and young adults experiencing anxiety.
- Wysa App: Talk to a free AI chatbot for anxiety, depression or stress therapy
- <https://www.therapizeindia.com/>



Help prevent the spread of COVID-19.

# Hyderabad Covid-19 Resources

## OTHERS

- **Volunteer organization** that helps find resources: 8367374231
- **Hyderabad Covid-19 support:** Bed, medicine, oxygen, food, tele consultation, ambulance list. <https://hysea.in/covidresponse> .
- **BED AVAILABILITY** Contact Numbers: 7993766123/ 040 29555148
- **COVID bed Status in Telangana:**  
[http://164.100.112.24/SpringMVC/Hospital\\_Beds\\_Statistic\\_Bulletin\\_citizen.htm](http://164.100.112.24/SpringMVC/Hospital_Beds_Statistic_Bulletin_citizen.htm)
- **Ambulance:** Cyberabad Police Commissioner – 9490617431
- **Mahindra Logistics:** Free Emergency Cab services