

## HELPLINES AND RESOURCES FOR COUNSELLING and HELP

**I Call** is a telephone and email based counselling service run by School of Human Ecology, Tata Institute of Social Sciences, that offers free telephone and email-based counseling services, to individuals in emotional and psychological distress, across age, language, gender, sexual orientation and issues, through a team of qualified and trained mental health professionals.

**iCALL now provides chat based counseling through nULTA APP. Write us at [icall@tiss.edu](mailto:icall@tiss.edu) if you have queries regarding chat based counseling session.**

**[icall@tiss.edu](mailto:icall@tiss.edu) CALL US ON 022-25521111**

*iCall (Monday to Saturday, 8:00 Pm to 10:00 Pm)*

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### **MARIWALA HEALTH INITIATIVE**

#### ADDRESS:

8th floor, Grande Palladium  
175, CST Road, Kalina  
Santa Cruz (E), Mumbai,  
Maharashtra 400098

#### EMAIL

**[contact@mariwalahealthinitiative.org](mailto:contact@mariwalahealthinitiative.org)**

#### TIMINGS

10AM to 6PM

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### **Majlis Legal Centre**

Email: [majlislaw@gmail.com](mailto:majlislaw@gmail.com)

26662394 / 26661252. Majlis is a legal and cultural resource centre working in the area of women and minority rights.

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**Orinam.net crisis support:** <http://orinam.net/resources-for/lgbt/crisis-support/>

Orinam.net general resources (you/ family and friends/ workplaces/ educational institutions): <http://orinam.net/>

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**MHI queer mental health resources:** <https://mhi.org.in/voice/details/resources-lgbtqi-community-during-covid/>

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**Helpline Numbers For Women in Distress**

Samaritans of Mumbai (For all type Distress, Men & Women) : 8422984530 & 8422984529 & 8422984528 (7 Days Working in Week, Timings 5 Pm to 8 Pm)

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**Vandrevala Foundation** : 7304599837 & 7304599836 (24x7, Anytime)

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108 – For **any emergency** in Mumbai and around India.

103 – The latest women helpline number to complain about **eve teasing and any** **to learn about women self defense.**

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**Mumbai Police Helplines For Molestation:** 103 / 1090 / 7738133133 /

7738144144

1298: This number will connect women in distress to relevant NGOs.

Family Service Center 22828862.

Women’s Center 26140403.

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Latest number for **sexual harassment in bus** – Call up 1800227550 (Initiative by **BEST bus** services in Mumbai for women safety)

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**Aasra** (24x7) : 27546669.

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**Samaritans of Mumbai** (3 Pm to 9 Pm, All Days): 8422984528 / 8422984529 / 8422984530.

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**Tanishka Foundation** (Santacruz), Till 6:30 Pm : 9225800800

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**SNEHA** : 24042627 / 24086011

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**CRISIS helpline** : 24040045 / Email : snehamumbai@snehamumbai.org . They help and addresses special needs of slum Woman and children and works towards improving their health.

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**WOMEN RIGHT INITIATIVE**

43411603 / 43411604 . Email : wri.bombay@lawyerscollective.org, Website : <https://www.lawyerscollective.org/wri>

This organization runs a pro bono (free) legal aid cell for domestic violence cases.

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**HUMAN RIGHTS LAW NETWORK – MUMBAI**

022-22820109/192 , Email : womenjusticeinitiative@gmail.com Website  
: <https://hrln.org> works pm woman's justice like HIV/AIDS etc

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A compilation of important documents pertaining to the Coronavirus Pandemic

## **Psycho-social, legal support for those suffering abuse & mental distress**

### **Psycho-social support**

**Free Tele Counselling** Psychological Support from IACP: 08047192224.  
Support offered from 9am to 9pm in 8 languages. IACP list of state-wise  
helplines: [IACP helplines.jpeg](#)

**Hitgaj**- MCGM [Mental Health Helpline by MCGM](#): 022- 24131212.  
[https://www.facebook.com/story.php?story\\_fbid=116538300005438&id=100678894924712&scmts=scwspssdd&extid=S8l0XlxewFuxWcvT](https://www.facebook.com/story.php?story_fbid=116538300005438&id=100678894924712&scmts=scwspssdd&extid=S8l0XlxewFuxWcvT)

Free counselling support for **people with special needs** by Special need  
therapists. Free counsellors on call for anyone. Visit [www.projectmumbai.org](http://www.projectmumbai.org)  
for details.

**Samvaad** [Psycho-social support helpline](#) for Maharashtra: 1800 102 4040 (8am-  
8pm).

### **Domestic Violence Helplines**

[Government helpline](#) for registering cases of [domestic violence](#): 100

**National Commission of Women** Whatsapp Number- 7217735372 to report DV  
cases

**Area-wise detailed list of Domestic violence helplines: Whatsapp helpline  
number** regarding domestic violence on women: +91 7217735372

NALSA FAQs: [Legal provisions during Lockdown](#): [NALSA.mp4](#)

Free online [counselling for women survivors of child sexual abuse](#). Fix an appointment by emailing to [counselling.rahi@gmail.com](mailto:counselling.rahi@gmail.com).