



SUICIDE  
PREVENTION  
MENTAL HEALTH  
HELPLINE NUMBERS

**State Wise List of Mental Health and Suicide Prevention Helpline Numbers:  
Compiled by Arpita Naik.**

**Andaman & Nicobar**

1. Maitreyi: 0413-2339999
2. TeleMANAS: 1-800-891-4416/14416 (24x7)

**Andhra Pradesh**

1. Health Helpline: 104
2. TeleMANAS: 1-800-891-4416/14416 (24x7)

**Arunachal Pradesh**

1. TeleMANAS: 1-800-891-4416/14416

**Assam**

1. TeleMANAS: 1-800-891-4416/14416

**Bihar**

1. Arogya Seva: 104
2. TeleMANAS: 1-800-891-4416/14416 (24x7)

**Chandigarh**

1. Asha Helpline: +91-172-2735436, +91-172-2735446  
Timing: Mon-Sat (8 AM-7 PM)
2. Suicide Helpline: 0172-2660078, 0172-2661078

**Chhattisgarh**

1. Chikitsa Salah: 104
2. TeleMANAS: 1-800-891-4416/14416 (24x7)
3. Jeevan Suicide Prevention: 0657-6453841, 0657-6555555, 9297777499, 9297777500  
Timing: Daily (10 AM-6 PM)

**Delhi**

1. Sumaitri: 011-23389090, 011-46018404, 9315767849  
Timing: Mon-Fri (2 PM-10 PM), Sat-Sun (10 AM-10 PM)
2. Sanjeevani: 011-26862222, 011-26864488, 011-40769002  
Timing: Mon-Sat (10 AM-5:30 PM)
3. Snehi: 011-65978181  
Timing: Daily (2 PM-6 PM)
4. Fortis Stress Helpline: +91-8376804102 (24x7)

**Goa**

1. COOJ Mental Health Foundation: +91-832-2252525, +91-98225-62522  
Timing: Mon-Fri (3 PM-7 PM)
2. TeleMANAS: 1-800-891-4416/14416

**Gujarat**

1. Jeevan Aastha Helpline: 1800-233-3330 (24x7)
2. TeleMANAS: 1-800-891-4416/14416

**Haryana**

1. TeleMANAS: 1-800-891-4416 / 14416

**Himachal Pradesh**

1. TeleMANAS: 1-800-891-4416 / 14416
2. 104: Timing: 8 AM-8 PM

**Jammu & Kashmir**

1. TeleMANAS: 1-800-891-4416 / 14416
2. 104: (24x7)

**Jharkhand**

1. TeleMANAS: 1-800-891-4416 / 14416

**Karnataka**

1. SAHAI: 080-25497777, +91-9886444075  
Timing: Mon-Sat (10 AM-8 PM)
2. Mitram Foundation: 080-25722573, +91-9019708133  
Timing: Daily (10 AM-4 PM)
3. NIMHANS Centre for Well-Being: 080-26685948, +91-9480829670
4. Arogya Sahayavani: 104 (24x7)

**Kerala**

1. Thanal Suicide Prevention Centre: 0495-2760000, +91-9495714262  
Timing: Daily (10 AM-6 PM)
2. Maithri Kochi: 0484-2540530  
Timing: Daily (10 AM-7 PM)
3. DISHA: 1056 / 104 (24x7)

**Ladakh**

1. TeleMANAS: 1-800-891-4416 / 14416

**Madhya Pradesh**

1. Sanjivani: 1253, 0761-2626622
2. TeleMANAS: 1-800-891-4416 / 14416

**Maharashtra**

1. The Samaritans Mumbai: +91-84229-84528, +91-84229-84529, +91-84229-84530  
Timing: Daily (3 PM-9 PM)
2. Vandrevala Foundation: 1860-266-2345, 1800-233-3330 (24x7)
3. BMC Mental Health Helpline: 022-24131212 (24x7)
4. AASRA: 9820466726 (24 x 7)
5. Snehi: 9582208181 (10am – 10pm, all days)
6. Fortis Mental Health: 8376804102 (24 x 7)
7. iCALL TISS Helpline: 9152987821, 022-25521111 (Monday to Saturday, 8 AM to 10 PM)

**Madurai**

1. SPEAK2us: 9375493754

**Manipur**

1. TeleMANAS: 1-800-891-4416 / 14416

**Meghalaya**

1. TeleMANAS: 1-800-891-4416 / 14416

**Mizoram**

1. TeleMANAS: 1-800-891-4416 / 14416

**Odisha**

1. TeleMANAS: 1-800-891-4416 / 14416

2. Life: +91-78930-78930

**Punjab**

1. Medical Advice Helpline: 104

(24x7)

2. TeleMANAS: 1-800-891-4416 /

14416

**Rajasthan**

1. Hope Helpline for Students: 0744-2333666, 0744-2414141 (24x7)

2. TeleMANAS: 1-800-891-4416 /

14416

**Sikkim**

1. TeleMANAS: 1-800-891-4416 / 14416

**Tamil Nadu**

1. Sneha India Foundation: 044-24640050, 044-24640060

Timing: Mon-Sun (8 AM-10 PM)

**Telangana**

1. TeleMANAS: 1-800-891-4416 / 14416

**Tripura**

1. Suicide Prevention: +91-98631-00639

2. TeleMANAS: 1-800-891-4416/14416

**Uttarakhand**

1. Medical Consultation Helpline: 104 (24x7)

2. TeleMANAS: 1-800-891-4416 / 14416

**Uttar Pradesh**

1. TeleMANAS: 1-800-891-4416 / 14416

West Bengal

1. Lifeline Foundation: 033-24637401, 033-24637432

Timing: Mon-Sun (10 AM-6 PM)