

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. SAHAJ: 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. Vandrevalla 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)