

NATIONAL, STATE & LOCAL MENTAL HEALTH / SUICIDE PREVENTION HELPLINES

A. NATIONAL GOVERNMENT HELPLINES (MOST IMPORTANT)

1. **Tele-MANAS (Govt. of India – Tele Mental Health Programme)**
☎ 14416
☎ 1-800-891-4416
🕒 24×7 | Free | Multilingual
2. **KIRAN – National Mental Health Helpline**
☎ 1800-599-0019
🕒 24×7
3. **National Emergency Number**
☎ 112

B. STATE / MAHARASHTRA GOVERNMENT

4. **Maharashtra Health Helpline**
☎ 104
5. **Ambulance Services**
☎ 108

C. NATIONAL & REPUTED NGO / INSTITUTIONAL HELPLINES

6. **iCALL – Tata Institute of Social Sciences (TISS), Mumbai**
☎ 9152987821
🕒 Monday–Saturday | 8:00 AM – 10:00 PM
7. **AASRA – Suicide Prevention Helpline (Mumbai-based)**
☎ 9820466726
🕒 24×7
8. **Vandrevala Foundation Mental Health Helpline**
☎ 1860-266-2345
☎ 9999-666-555
🕒 24×7
9. **Sneha Foundation (Suicide Prevention)**
☎ 044-24640050
🕒 24×7
10. **Fortis National Mental Health Helpline**
☎ 8376804102

D. MUMBAI-BASED / LOCAL HELPLINES

11. Samaritans Mumbai

☎ 84229-84528

☎ 84229-84529

☎ 84229-84530

☎ Emotional support helpline

12. Mpower – The Centre (Mumbai)

☎ 1800-120-820050

13. Drishti – Mental Health Support (Mumbai)

☎ 9820466726

E. CHILD & STUDENT-SPECIFIC

14. CHILDLINE (for children & adolescents)

☎ 1098

**If you are feeling overwhelmed, stressed, or unsafe, please reach out immediately.
Help is confidential, free, and available.**