

Free Counselling Services during Covid-19

Sn o	Organisation	Nature of support	Contact	Remarks
1	Project Mumbai + Prafulta	-Special needs -Online Counselling Support	https://docs.google.com/document/d/1tlhSerPkskD3vF6HoLI9wdbUK-q2fiN_nqZRG5KF5k (Above link has List of therapist)	
2	iCall - Tata Institute of Social Sciences Mumbai	Counselling over phone/ chat/ email	9372048501/ 9920241248/ 8369799513/ icall@tiss.edu	
3	Samaritans Mumbai	-7 days, 5 to 8pm	8422984528/ talk2samaritans@gmail.com	
4	Antara Senior Living	-Senior citizen -24x7 helpline - -15 languages	8376804102	
5	MPower		1800120820050	
6	Vandrevala Foundation	-24/7 helpline	7304599836/ 7304599837/ 25706000 help@vandrevlafoundation.com	
7	7 Cups of Tea	-online chat based platform for support	www.7cups.com	
8	Indian Psychiatric Society		9874124224	
9	Sakshi NGO	Helpline for those in abusive households	01242562336	
10	Saarthak NGO	Helpline for those in abusive households	01123973949	

11	Samvedna Senior Care		www.samvednacare.com	
12	Connecting	suicide prevention NGO for the youth.	12pm – 8pm daily (919)922001122	
13	ROSHNI	Hyderabad-based suicide intervention center	Monday to Saturday between 11am to 9pm. (+914) 066202000	
14	COOJ Mental health foundation	aiding people to cope with all kinds of distress	3pm to 7pm on weekdays. 918 320322252525	
15	Sneha Foundation India	24X7 helpline aiding people to cope with all kinds of distress	(914) 420424640050	
16	Aasra	Telephone based counseling in English and Hindi	9820466726	
17	Sumaitri	Telephone based counseling in English and Hindi.	011-23389090 Monday-Friday: 2 pm-10 pm; Saturday & Sunday: 10 am-10pm	
18	Wellbeing Volunteers United	Stress, Anxiety and fear	Free helpline - 1800-121-0980 8am to 8pm Hindi, English, Marathi, Gujarati	
19	Fortis Mental Health Stress Helpline		8376804102	
20	Mission Zero Covid 2020	Online Counselling Support- A list created in partnership with	https://drive.google.com/file/d/1HHXZQVOV3nq85H0MjvyVjRrkWQNVXhW/a/view?usp=sharin	

		the government. All therapists might not be LGBTQ+ affirmative	g Twitter @MCZ2020	
21	Taal Inc.	Telephonic Counselling Support	Free taalinc1@gmail.com +919049690101 Taal Inc. on Facebook.com	

Ongoing Weekly Meditation & Mindfulness Sessions (check their facebook or instagram pages for updates)

- Dharma Rain <https://www.dharmarain.org/>
- Mindfulness Sessions Every Thursday 6 to 7pm by Mindful Spring, Sadia Saeed
- Mindfulness & Storytelling Every Day 5 to 5:45pm by Just Being Center, Sandy Dias

Other sources of support -

- PTSD Coach - app to help those dealing with trauma
- Mind Shift - app for teens and young adults facing anxiety
- Head Space/ Plum Village - apps offering free guided meditation sessions