



THE CONNECT HUT  
*Making Mental Health Simple*

**24 / 7 MENTAL HEALTH HELPLINES**

<b><u>Vandrevalla Foundation</u></b>	<b><u>919999666555</u></b>
<b><u>Mpower</u></b>	<b><u>1800-120-820050</u></b>
<b><u>NIMHANS</u></b>	<b><u>080-46110007</u></b>
<b><u>Aasra</u></b>	<b><u>9820466726</u></b>
<b><u>Fortis Mental Health</u></b>	<b><u>8376804102</u></b>
<b><u>Tele Manas Helpline</u></b>	<b><u>1-800-891-4416</u></b>

**OTHER MENTAL HEALTH HELPLINES**

<b><u>Sangath</u></b>	<b>10am – 6pm on Monday-Sunday.</b>	<b><u>011 4119 8666</u></b>
<b><u>Icall</u></b>	<b>Monday to Saturday: 10:00 am to 8:00 pm</b>	<b><u>9152987821</u></b>
<b><u>Muktaa Mental Health Helpline</u></b>	<b>Mon - Sat   12 - 8 PM</b>	<b><u>788-788-9882</u></b>
<b><u>Mann Talks</u></b>	<b>9 AM - 8 PM</b>	<b><u>+91 8686139139</u></b>
<b><u>Pukaar Helpline</u></b>	<b>Available on all days: 10am to 2pm</b>	<b><u>9663896669</u></b>
<b>Support Group List</b>	<b>by Mind Clan</b>	<b><u><a href="https://themindclan.com/sharing_spaces">https://themindclan.com/sharing_spaces</a></u></b>



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### BEFRIENDERS INDIA HELPLINES

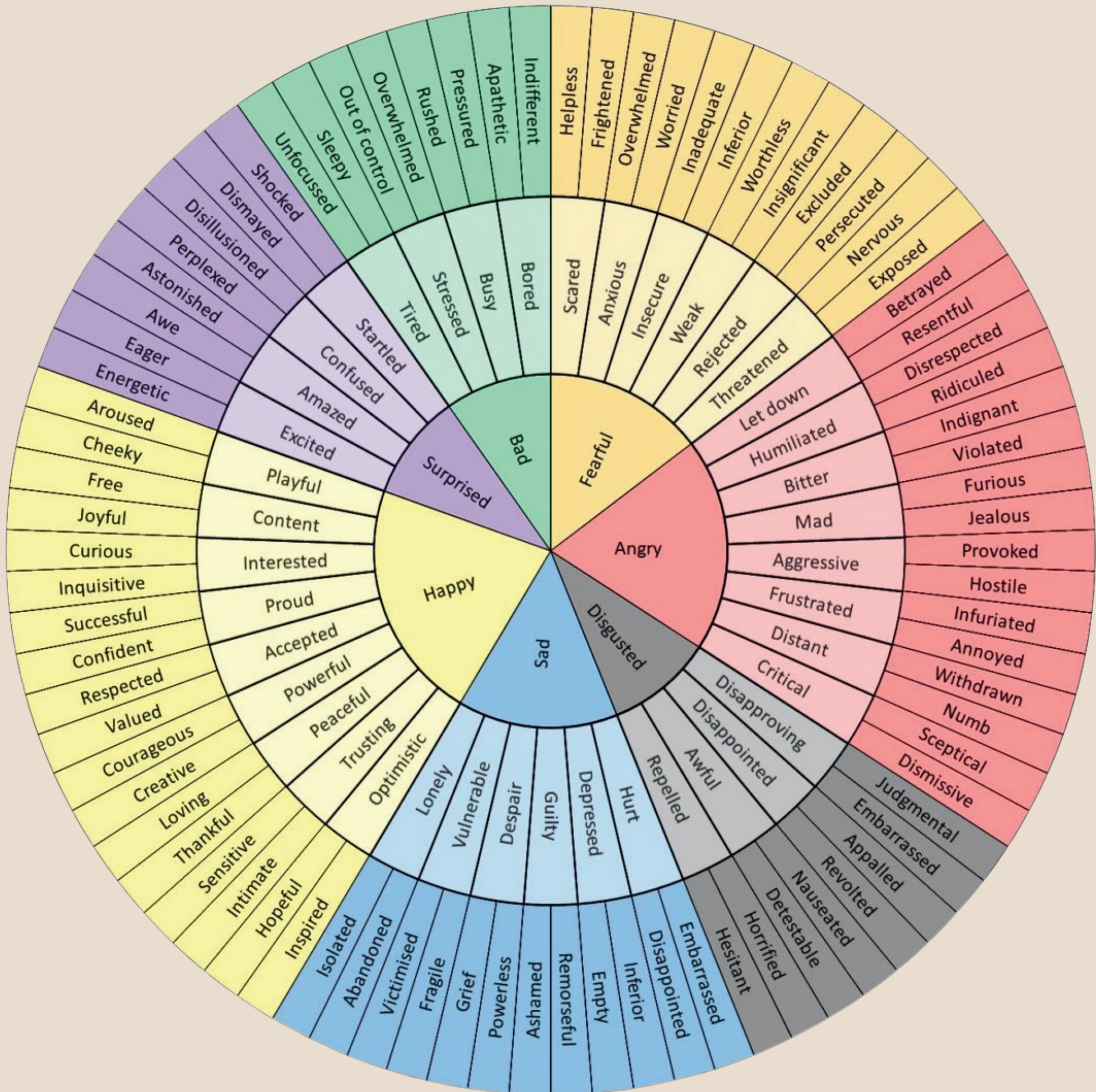
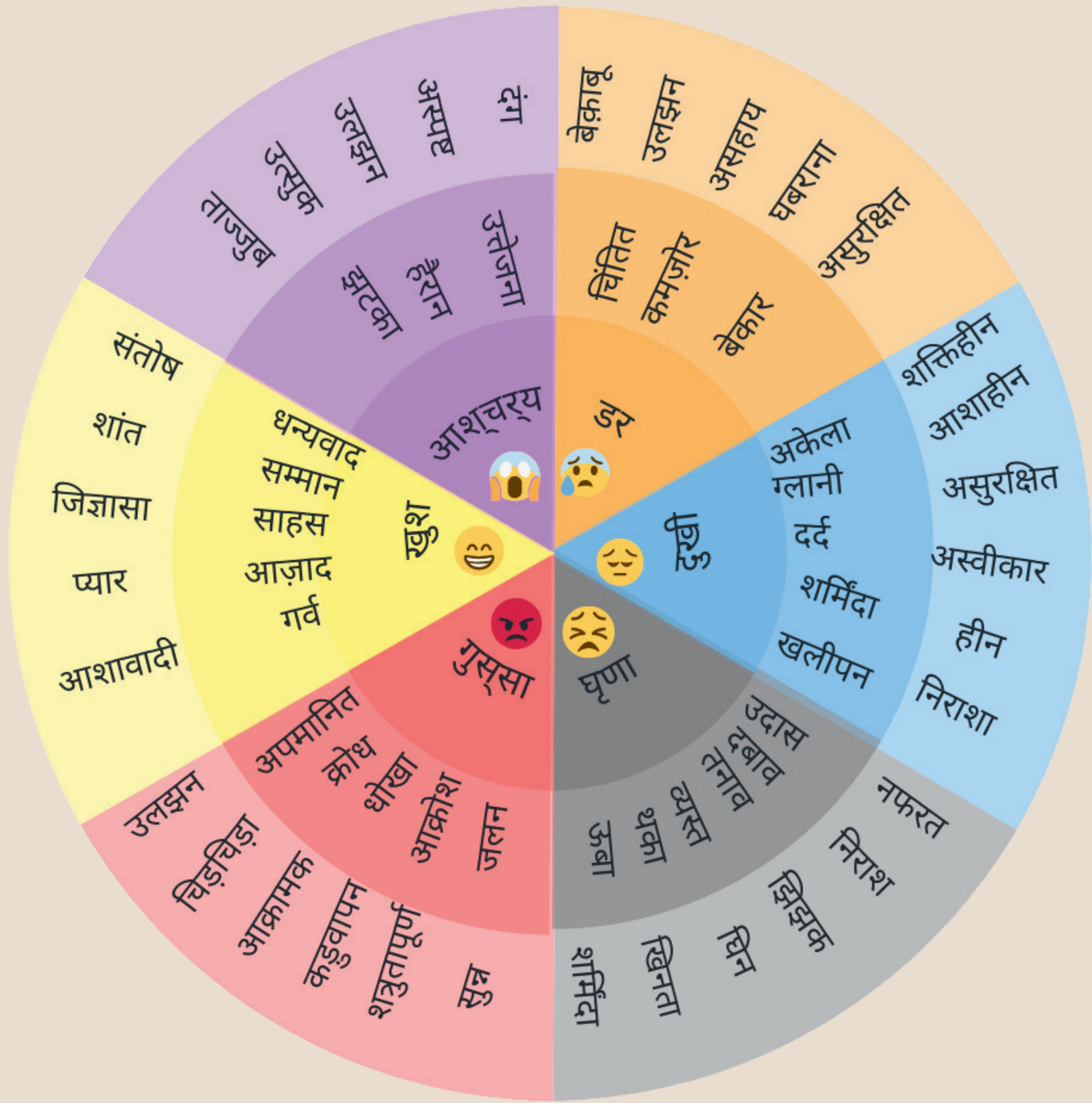
Saath Suicide Prevention Centre	<a href="http://www.saathindia.org">www.saathindia.org</a>	Ahmedabad	<u>9179263055</u> <u>44,</u> <u>9179263002</u> <u>22</u>	1.00 pm to 7.00 pm Everyday	<a href="mailto:saath12@yahoo.com">saath12@yahoo.com</a>
Maithri	<a href="http://www.maithrikochi.in">www.maithrikochi.in</a>	Kochi	<u>0484</u> <u>2540530</u>	10:00 am to 7:00 pm Everyday	<a href="mailto:maithrihelp@gmail.com">maithrihelp@gmail.com</a>
Sanjeevani	<a href="http://www.sanjevanitrivandrum.com">www.sanjevanitrivandrum.com</a>	Trivandrum	<u>0471-</u> <u>2533900,94</u> <u>00033900</u>	1.00 pm to 5.00 pm Monday to Saturday	<a href="mailto:sanjevanitrivandrum@gmail.com">sanjeevanitrivandrum@gmail.com</a>
Sneha Foundation	<a href="https://snehaindia.org/new/">https://snehaindia.org/new/</a>	Chennai	<u>044</u> <u>24640050</u> <u>044</u> <u>24640060</u>	Telephone - 10am to 10pm Everyday Visit - 10am to 6pm Everyday Chat - 10pm to 1am Everyday	<a href="mailto:help@snehaindia.org">help@snehaindia.org</a>

Saath Suicide Prevention Centre	<a href="http://www.saathindia.org">www.saathindia.org</a>	Ahmedabad	<u>9179263055</u> <u>44,</u> <u>9179263002</u> <u>22</u>	1.00 pm to 7.00 pm Everyday	<a href="mailto:saath12@yahoo.com">saath12@yahoo.com</a>
Maithri	<a href="http://www.maithrikochi.in">www.maithrikochi.in</a>	Kochi	<u>0484</u> <u>2540530</u>	10:00 am to 7:00 pm Everyday	<a href="mailto:maithrihelp@gmail.com">maithrihelp@gmail.com</a>
Sanjeevani	<a href="http://www.sanjevanitrivandrum.com">www.sanjevanitrivandrum.com</a>	Trivandrum	<u>0471-</u> <u>2533900,94</u> <u>00033900</u>	1.00 pm to 5.00 pm Monday to Saturday	<a href="mailto:sanjevanitrivandrum@gmail.com">sanjeevanitrivandrum@gmail.com</a>
Sneha Foundation	<a href="https://snehaindia.org/new/">https://snehaindia.org/new/</a>	Chennai	<u>044</u> <u>24640050</u> <u>044</u> <u>24640060</u>	Telephone - 10am to 10pm Everyday Visit - 10am to 6pm Everyday Chat - 10pm to 1am Everyday	<a href="mailto:help@snehaindia.org">help@snehaindia.org</a>

**BEFRIENDERS INDIA HELPLINES**

<b>Connecting Trust</b>	<a href="http://www.Connectingngo.org">www.Connectingngo.org</a>	Pune	<u>9922001122,</u> <u>9922004305</u>	10:00 am to 8:00 pm Everyday	<a href="mailto:distressmailsconnecting@gmail.com">distressmailsconnecting@gmail.com</a>
<b>Lifeline Foundation</b>	<a href="http://www.lifelinefoundation.in">http://www.lifelinefoundation.in</a>	Kolkata	<u>9088030303</u> , <u>03340447437</u>	10:00 am to 10:00 pm Everyday	<a href="mailto:lifelinekolkata@gmail.com">lifelinekolkata@gmail.com</a>
<b>COOJ Mental Health Foundation</b>	<a href="http://www.cooj.co.in">www.cooj.co.in</a>	Goa	<u>08322252525</u>	1:00 pm to 7:00 pm Monday to Friday	<a href="mailto:youmattebycooj@gmail.com">youmattebycooj@gmail.com</a>
<b>Roshini</b>	<a href="http://www.roshinitrust.com">www.roshinitrust.com</a>	Hyderabad	<u>8142020033/</u> <u>8142020044</u>	11:00 am to 9:00 pm Everyday	<a href="mailto:roshnihelp@gmail.com">roshnihelp@gmail.com</a>
<b>'Jeevan' Suicide Prevention Centre</b>	<a href="https://jeevanhelplinesuicideprevention.blogspot.com/">https://jeevanhelplinesuicideprevention.blogspot.com/</a>	Jamshedpur	<u>9297777499/</u> <u>9297777500,</u> <u>9955435500</u>	10:00 am to 6:00 pm Everyday	<a href="mailto:jeevanjamshedpur@gmail.com">jeevanjamshedpur@gmail.com</a>
<b>Nesam</b>	<a href="http://www.nesam.in">www.nesam.in</a>	Erode -TN	<u>04242220022</u>	12noon to 8pm Monday - Saturday. 8am to 8pm on Sunday.	
<b>Samaritans Mumbai</b>	<a href="https://samaritansmumbai.org/">https://samaritansmumbai.org/</a>	Mumbai	<u>84229 84528</u> <u>84229 84529</u> <u>84229 84530</u>	4:00 pm to10:00 pm Everyday	<a href="mailto:talk2samaritans@gmail.com">talk2samaritans@gmail.com</a>
<b>Sumaitri</b>	<a href="https://sumaitri.net/">https://sumaitri.net/</a>	New Delhi	<u>011 46018404,</u> <u>9315767849</u>	12:30 pm to 5:00 pm Everyday	
<b>Thanal Crisis Intervention and Suicide Prevention Research Centre</b>		Calicut	<u>0495 2760000,</u> <u>9495714262</u> <u>7306509594</u>	10:00 am to 6:00 pm Everyday	<a href="mailto:thanal.calicut@gmail.com">thanal.calicut@gmail.com</a>

\*For the latest updates on timings, please visit the helpline's website.





THE CONNECT HUT

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**The Connect Hut** is a social enterprise engaged in the domain of mental health and crisis intervention - **awareness, training and services** across age groups and demographics with **over 25 years of experience.**

For booking or obtaining additional information about our mental health and suicide prevention training, as well as mental health services, please visit our **website at [www.theconnecthut.com](http://www.theconnecthut.com)** or **email us at [support@theconnecthut.com](mailto:support@theconnecthut.com)**

### **Our Services :**

**Awareness Talks and Trainings**  
**Mental Wellbeing through Yoga Sutras Indian Philosophy**  
**Mindfulness Sessions**  
**Mental Health First Aid Training**  
**Suicide Prevention Training**  
**QPR Gatekeeper Training**  
**Dot Listening Training**  
**Counselling Service**  
**Active Listening Service**  
**Life Coaching Service**