

Mental Health Crisis Helplines

India — National & Regional Reference

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About This Document

This document lists verified active mental health crisis and emotional support helplines across India. It is intended for use in the ZenQuip patient app, ZenDoc clinician dashboard, and zenquip.com — to be surfaced to patients during or after a mental health crisis event, as part of Zennie's crisis escalation flow, and as a static reference on the website.

All numbers have been verified against official sources as of June 2026. ZenQuip recommends re-verifying this list every quarter, as operating hours and availability can change.

IMMEDIATE DANGER: Call 112 (All India Emergency — Police / Ambulance)

112 connects to the national emergency response network from any mobile or landline, at no cost.

How to Use This Reference

Step 1 — If the patient is in immediate physical danger or risk of harm: call 112 first.

Step 2 — For mental health crisis (suicidal ideation, acute distress, crisis episode): use any 24x7 national line — Tele-MANAS (14416), KIRAN (1800-599-0019), or Vandrevalla (+91 9999 666 555).

Step 3 — For non-emergency ongoing support or counselling: use iCall (9152987821) or MPower (1800-120-820050), which are staffed by trained professionals.

Step 4 — For location-specific support: refer to the regional section for state-wise helplines with local language options.

Note on language: Always offer the national helplines first — they are free, available 24x7, and support 13 Indian languages including Hindi, Tamil, Telugu, Kannada, Marathi, Gujarati, Bengali, Assamese, and Urdu.

Part 1: National Helplines

These helplines are available across India, free of cost, and accessible regardless of the caller's state or city.

Tele-MANAS

Organisation	Ministry of Health & Family Welfare, Govt. of India
Number(s)	14416 / 1800-891-4416
Availability	24x7
Languages	13 languages: Hindi, English, Tamil, Telugu, Kannada, Gujarati, Marathi, Assamese, Malayalam, Odia, Bengali, Punjabi, Urdu
What it's for	National government mental health helpline with state-wise routing. Backed by NIMHANS. Provides counselling, crisis support, and referrals to psychiatrists. Free from any network across India.
Notes	After dialling, select language then state — connects to a local helpline centre.

KIRAN

Organisation	Ministry of Social Justice & Empowerment, Govt. of India
Number(s)	1800-599-0019
Availability	24x7
Languages	13 languages incl. Hindi, English, Tamil, Gujarati, Urdu, Kannada, Malayalam
What it's for	Free mental health rehabilitation helpline. Provides early screening, first aid, psychological support, distress management, and referrals to clinical psychologists, rehabilitation psychologists, and psychiatrists.
Notes	Toll-free from all mobile and landline networks. Specifically designed for persons with mental illness and disabilities.

Vandrevala Foundation

Organisation	Cyrus and Priya Vandrevala Foundation (NGO)
Number(s)	+91 9999 666 555
Availability	24x7
Languages	English, Hindi, Gujarati, Bengali, Kannada, Tamil, Telugu, Malayalam, Marathi, Odia, Tulu

What it's for	Crisis intervention helpline for anxiety, depression, panic attacks, suicidal ideation, and acute distress. Support available via phone call and WhatsApp. Refers to professionals when needed.
Notes	Also accessible via WhatsApp. One of the most widely used private helplines in India.

iCall — TISS

Organisation	Tata Institute of Social Sciences, Mumbai
Number(s)	9152987821 / 022-25521111
Availability	Monday to Saturday, 10am to 8pm
Languages	English, Hindi, Marathi, Gujarati, Assamese, Bengali, Punjabi, Malayalam
What it's for	Free professional telephone and email-based counselling for anxiety, depression, trauma, academic and work stress, relationship concerns, and grief. Run by trained and supervised counsellors (not volunteers). Also offers chat via the nULTA app.
Notes	Email: icall@tiss.edu . Suitable for non-emergency ongoing concerns and crisis support both.

MPower Minds

Organisation	MPower (Aditya Birla Education Trust initiative)
Number(s)	1800-120-820050
Availability	24x7
Languages	English, Hindi
What it's for	Free and confidential mental health support helpline. Staffed by trained mental health professionals. Covers depression, anxiety, stress, and psychological distress.
Notes	Toll-free number.

AASRA

Organisation	AASRA (NGO)
Number(s)	+91 9820466726

Availability	24x7
Languages	English, Hindi
What it's for	Emotional support for individuals experiencing severe distress, suicidal thoughts, or despair. Provides a confidential, non-judgmental listening space. One of India's longest-running suicide prevention helplines.
Notes	Does not provide counselling or therapy — purely supportive listening.

Childline India

Organisation	Ministry of Women & Child Development, Govt. of India
Number(s)	1098
Availability	24x7
Languages	Multi-language, state-wise
What it's for	Emergency helpline and crisis response service for children (under 18) in need of care and protection. Covers distress, abuse, crisis situations, mental health emergencies involving minors.
Notes	Any child or concerned adult can call. A Childline team member can reach the child within 60 minutes for crisis response.

Part 2: Regional Helplines

State and city-specific helplines with local language support. Show these in addition to national helplines when the user's location is known.

Maharashtra (Mumbai / Pune)

Samaritans Mumbai

Number(s)	+91 84229 84528 / +91 84229 84529
Availability	3pm to 9pm, daily
Languages	English, Hindi

What it's for	Confidential emotional support for those experiencing loneliness, despair, or suicidal thoughts. Volunteer-staffed.
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HITGUJ / KEM Hospital (BMC)

Number(s)	022-24131212
Availability	24x7
Languages	Marathi, Hindi, English
What it's for	Suicide prevention helpline operated by KEM Hospital in partnership with Mumbai Municipal Corporation. One of the oldest crisis lines in the city.

Connecting Trust

Number(s)	1800-843-4353 / +91 9922001122
Availability	12pm to 8pm, daily
Languages	English, Marathi, Hindi
What it's for	Emotional support and suicide prevention. Pune-based, covers Maharashtra. Free helpline.

Delhi / NCR

Sumaitri

Number(s)	011-46018404 / +91 9315767849
Availability	12:30pm to 5pm, daily
Languages	English, Hindi
What it's for	Emotional support and suicide prevention counselling. Also accessible by face-to-face appointment and email (feelingsuicidal@sumaitri.net).

Fortis Stress Helpline

Number(s)	+91 8376804102
Availability	24x7
Languages	English, Hindi

What it's for	Immediate psychiatric support connected to the Fortis Hospital network. For acute mental health crises and stress-related emergencies.
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SNEHI

Number(s)	+91 9582208181
Availability	24x7
Languages	English, Hindi
What it's for	Suicide prevention and mental health wellbeing support. Promotes dignity and positive mental health.

Karnataka (Bangalore)

Arpita Foundation

Number(s)	080-23655557 / 080-23656667
Availability	10am to 7pm, daily
Languages	English, Hindi, Kannada, Tamil, Telugu, Malayalam, Konkani, Gujarati, Bengali
What it's for	Professional counselling and guidance for those feeling helpless, hopeless, or worthless. Counsellors are certified Gate Keepers in Suicide Prevention.

Parivarthan Counselling Helpline

Number(s)	+91 7676602602
Availability	4pm to 10pm, daily
Languages	English, Hindi, Kannada, Tamil, Telugu, Marathi, Bengali, Punjabi
What it's for	Free telephone counselling by trained counsellors. Serves individuals in emotional distress.

Tamil Nadu (Chennai)

SNEHA India Foundation

Number(s)	+91 44-24640050 / +91 44-24640060
Availability	Primary line: 24x7 Second line: 8am to 10pm Webchat: 7pm to 1am daily
Languages	Tamil, English
What it's for	Suicide prevention organisation providing unconditional emotional support. Complete confidentiality maintained; callers may remain anonymous. Also offers webchat support at snehaindia.org .

Telangana / Andhra Pradesh

Roshni Trust

Number(s)	+91 40-66202000 / +91 40-66202001
Availability	Monday to Saturday, 11am to 9pm
Languages	Telugu, English, Hindi
What it's for	Emotional support and suicide prevention helpline based in Secunderabad. Serves Telangana and Andhra Pradesh.

West Bengal (Kolkata)

Lifeline Foundation

Number(s)	033-40447437 / +91 9088030303
Availability	10am to 10pm, daily
Languages	Bengali, Hindi, English
What it's for	Free tele-helpline providing emotional support for those in despair, depressed, or suicidal. Face-to-face befriending available by prior appointment. Also conducts city-wide outreach programs.

NIBS Helpline

Number(s)	+91 98364 01234 / 033-22865203
Availability	6pm to 10pm, Monday to Friday
Languages	Bengali, English
What it's for	National Institute of Behavioural Sciences helpline. Professional mental health guidance and crisis counselling.

Gujarat

Jeevan Aastha Helpline

Number(s)	1800-233-3330
Availability	24x7
Languages	Gujarati, Hindi
What it's for	24x7 toll-free mental health crisis helpline initiated by Gandhinagar Police under the Suraksha Setu Project. Covers acute distress, suicidal ideation, and mental health emergencies.

Goa

COOJ Mental Health Foundation

Number(s)	0832-2252525
Availability	Monday to Friday, 1pm to 7pm
Languages	English, Konkani
What it's for	Goa's primary mental health helpline. Provides emotional support and crisis counselling.

Part 3: Quick Reference — All Numbers

One-page summary of all helplines for quick lookup. Print and paste this in clinic waiting areas or share with clinical staff.

Helpline Name	Number(s)	Hours	Region	Type of Support
112 — Emergency	112	24x7	All India	Physical danger / ambulance
Tele-MANAS (Govt.)	14416 / 1800-891-4416	24x7	All India	Crisis, counselling, referral
KIRAN (Govt.)	1800-599-0019	24x7	All India	Mental health, rehab support
Vandrevala Foundation	+91 9999 666 555	24x7	All India	Crisis, depression, anxiety
iCall (TISS)	9152987821	Mon–Sat 10am–8pm	All India	Free professional counselling
MPower Minds	1800-120-820050	24x7	All India	Mental health support
AASRA	+91 9820466726	24x7	All India	Suicide prevention, distress
Childline	1098	24x7	All India	Children under 18, crisis
Samaritans Mumbai	+91 84229 84528	3pm–9pm	Maharashtra	Emotional support
HITGUJ / KEM (BMC)	022-24131212	24x7	Maharashtra	Suicide prevention
Connecting Trust	1800-843-4353	12pm–8pm	Maharashtra	Emotional support
Sumaitri	011-46018404	12:30pm–5pm	Delhi / NCR	Suicide prevention
Fortis Stress Helpline	+91 8376804102	24x7	Delhi / NCR	Psychiatric crisis
SNEHI	+91 9582208181	24x7	Delhi / NCR	Suicide prevention
Arpita Foundation	080-23655557	10am–7pm	Karnataka	Counselling, crisis

Helpline Name	Number(s)	Hours	Region	Type of Support
Parivarthan	+91 7676602602	4pm–10pm	Karnataka	Free telephone counselling
SNEHA India	+91 44-24640050	24x7	Tamil Nadu	Suicide prevention
Roshni Trust	+91 40-66202000	Mon–Sat 11am–9pm	Telangana / AP	Emotional support
Lifeline Foundation	033-40447437	10am–10pm	West Bengal	Suicide prevention
NIBS Helpline	+91 98364 01234	6pm–10pm Mon–Fri	West Bengal	Mental health guidance
Jeevan Aastha (Gujarat)	1800-233-3330	24x7	Gujarat	Crisis, toll-free
COOJ Mental Health	0832-2252525	Mon–Fri 1pm–7pm	Goa	Emotional support

Disclaimer & Maintenance

All helpline numbers in this document were verified against official primary sources in June 2026, including TISS/iCALL's official website, the Tele-MANAS government portal (last updated May 2026), Vandrevalla Foundation's contact page, SNEHA's findahelpline profile (updated April 2026), AASRA's official directory, and government PIB releases for KIRAN.

ZenQuip recommends re-verifying this document every quarter (every 3 months). Operating hours and phone numbers change periodically. Any number that cannot be reached should be flagged immediately to the ZenQuip clinical team (Dr. Gaurav Maggu, Dr. Sonam Tandon) for removal or update before the next app release.

This document is maintained by the ZenQuip clinical operations team. Updates should be routed through Dr. Sonam Tandon (Clinical Ops Lead). For urgent corrections, contact the team at media@zenquip.com.