

SUICIDE PREVENTION HELPLINE NUMBERS

State-Level:

AASARA (Helping People in Distress, Gujarat):
(<https://www.aasra.info/helpline.html>)

SAATH: 079-26305544 (1 pm to 7 pm), 079-26300222 (1 pm to 7 pm)

TeleMANAS (Gujarat):

1-8008914416 (24 X 7)

Mental Health Counseling Centre, (Jeevan Aastha Helpline, Gujarat Police)
(<https://www.gandhinagarpolice.com/contents/jeevan-aastha-helpline/182>):

1800-233-3330 (24 X 7)

Suicide Prevention Helpline Number (Gujarat State)
(<https://www.emri.in/suicide-prevention-helpline-2/>):

104 (24 X 7)

National-Level:

National Institute of Mental Health):
(<https://www.nimh.nih.gov/health/topics/suicide-prevention>, <https://988lifeline.org/>):

988 (24 X 7),

Vandrawala Foundation (NGO):

+91-9999666555 (24 X 7)

Kiran Mental Health (Govt.):

1800-599-0019 (24 X 7)

One Life Foundation (NGO):

7893078930

Sumaitri (NGO):

011-46018404

Fortis Stress Helpline (NGO):

91-8376804102 (24 X 7)

I-CALL Psychosocial Helpline (NGO):
(<https://icallhelpline.org/>)

022-25521111, 9152987821 (10 am to 8 pm)

Interventional Bipolar Foundation (NGO):

91-8888817666 (7 am to 9 pm)