

List of Mental Health Service Providers

(Collated by Faculty and Students)

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Department of Sociology

University of Delhi

***Disclaimer:** This is a crowd-sourced list of mental health service providers. The Department of Sociology does not endorse any of the service providers nor is it responsible for the nature and quality of advice and therapy provided by them. The Department is not in a position to, and does not have the expertise to, verify the suitability of therapists/ therapies. It has only collated a list of resources for its members to seek support during the ongoing Covid-19 pandemic.*

Please also feel free to share this with anyone who may benefit from access to this list

If you wish to provide us any feedback about the services in this list, please do so using this link:
<https://forms.gle/n8VLU953KyZxY22R8>

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SERVICES PROVIDED BY UNIVERSITY OF DELHI

Mind Body Centre (Delhi University Women's Association)- 011-27667742, 011-27666027

<http://duwa.du.ac.in/MindBodyCentre.html>

WUS, Visiting Psychiatrist. Dr. Anandi Lal MD Mon 9:00 A.M. – 11:00 A.M. 9810061036

http://healthcentre.du.ac.in/P_north.html

OTHER MENTAL HEALTH SERVICE PROVIDERS

NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO-SCIENCES (NIMHANS, Bangalore)

Website: <https://nimhans.ac.in/>

Contact: 080-46110007 (toll-free helpline).

VIDYASAGAR INSTITUTE OF MENTAL HEALTH AND NEURO ALLIED SCIENCES (VIMHANS, New Delhi)

Website: <https://www.vimhans.com/>

Contact: +91 - 9999 691 507/08, 011-4099-0000

TELE MANAS - Government Helpline

Website: <https://telemahas.mohfw.gov.in/home>

Contact: 14416, 1-8008914416 (toll-free helpline)

iCALL (TISS, Mumbai)

Website: <http://icallhelpline.org/> Contact: Ph: +91-9152987821; 022-25521111; +91-9372048501; +91-9920241248; +91-8369799513; email: icall@tiss.edu

VANDREVALA FOUNDATION (Mumbai)

Website: <https://www.vandrevalafoundation.com/free-counseling>

Contact: email: help@vandrevalafoundation.com, 24/7 helpline +91-9999666555

THE SAMARITANS MUMBAI (Mumbai)

Website: <https://www.samaritansmumbai.org/>

Contact: helpline: talk2samaritans@gmail.com, +91-8422984528, +91-8422984529, +91-8422984530; COUNSELLING: +91-8422984527

MANNTALKS

Website: <https://www.manntalks.org/about-us/mann-talks>

Contact: +918686139139 (free helpline; 9am to 6pm, Monday - Sunday)

MPower (Mumbai, Bangalore, Kolkata)

Website: <https://mpowerminds.com/oneonone>,

Contact: 24/7 helpline: 1800120820050

mpowerminds.info@abet.co.in, Ph: +91 22 2385 6228, tel: +91 97028 00044 (Mumbai)

info.bengaluru@abet.co.in, Ph: +91 80 25209712, tel: +91-9702803210 (Bangalore)

Ph: +91 91 90735 55522 (Kolkata)

ARPITA FOUNDATION (Bangalore)

Website: <http://arpitafoundation.org>

Contact: arpita.helpline@gmail.com, Ph: 080-23655557, 080-23656667 (helplines, Mon to Sun; 07:00 AM- 9:00 PM, Kannada, English, Tamil, Hindi)

Amaha (The Inner Hour)

Website: <https://www.theinnerhour.com/>

Contact: support@theinnerhour.com, Ph: +91-2071171501

Nazariya (Delhi)

Website: <https://thenazariyafoundation.org/contact-us>

Contact: 9818151707 (Mon to Fri; 10:00 AM - 6:00 PM)

https://www.instagram.com/p/B-ef6WbHJfj/?utm_source=ig_embed

Ehsaas Clinic (AUD, Delhi)

Website: <https://aud.delhi.gov.in/ehsaas>

Contact: ehsaas@aud.ac.in, shalini@aud.ac.in

Ashis Roy: 9818447798, Shefali Singh: 9643162826, Nikita Jain: 9891635626

Sanjivini Society for Mental Health (Delhi)

<http://sanjivinisociety.org/>,

Contact: Ph: 01140769002, 01141092787, 01124311918, 01124318883, 01143001456; +91-9871346488, +91-9911939883; email: ci.sanjivini@sanjivinisociety.org

The Psychotherapist Collective (Delhi)

<https://www.thepsychotherapistcollective.in/>

MIND AND ME (Mumbai)

Website: <https://mindandme.in/>

Contact: mindandme.services@gmail.com, Ph: +91-9890941952, +91-9769363621,
<https://www.linkedin.com/company/mind-me-mental-health-services/?originalSubdomain=in>

MINDPEERS

Website: www.mindpeers.co

(Choose from therapists, each session: Rs. 300).

MAEVE THERAPY

Website: <https://maevetherapy.com/>

Contact: admin@maevetherapy.com, Ph: +91-9594927117.

(therapy sessions with trained psychologists at Rs. 500 per session).

REFLECTIVE ARENA (Mumbai)

Website: <https://www.reflectivearena.com/>

Contact: reflectivearena@gmail.com, Ph: +91-9833890973

BANJARA ACADEMY (Bangalore)

Website: <https://www.banjaraacademy.org/> (focus on child counselling)

Contact: mycounsellor@banjaraacademy.org, Ph: 080-23330200, 080-23535787, +91-8861792260

EPSYCLINIC

Website: <http://epsyclinic.com>

Contact: info@epsyclinic.com, Ph: +91- 8595272603

LISTS/ DATABASES MAINTAINED BY OTHER ORGANISATIONS

A. Covid-cognizant/ pandemic-specific:

Association of Psychiatric Social Work Professionals (APSWP)

<https://drive.google.com/file/d/1EcK6OZCk9pHeqJ7y6ZWsyL8iHqh6-RI6/view>

(List of APSWP member volunteers providing telephonic/ online support).

B. General:

iCALL/ FEMINISM IN INDIA list

<https://feminisminindia.com/2017/01/16/mental-health-professionals-crowdsourced-list/>

(Article that includes a link to a crowdsourced list of mental health practitioners).

VARTA database

<https://vartagensex.org/service-providers-search/>

(online searchable database for queer friendly mental health service providers)

YUVAA list

https://docs.google.com/spreadsheets/d/10Ht1QnCZYoLdbICOlR05qF4tpfyuq_uXQ_dq3yjLueM/edit#gid=381934799

(Directory of affordable mental health resources collated by Yuva)

THE LIVE LOVE LAUGH FOUNDATION list

<http://www.thelivelovelaughfoundation.org/therapist.html#therapistonamap>

(Website includes contacts of different kinds of mental health professionals).

FIND A HELPLINE database

<https://findahelpline.com/countries/in/topics/depression>

(Collated list of helplines for people with depression and who need immediate help).

THERAPIZE INDIA database

<https://www.therapizeindia.com/>

(Website includes services that match mental health issues with therapists in their database. Their instagram <https://www.instagram.com/therapize.india/?hl=en> also has some posts with therapists offering free counselling for those who cannot afford it).

THERAPY IN INDIA database

<https://www.therapyinindia.com/find>

(Also includes a list of helpline numbers).

HEALTH COLLECTIVE database

<http://healthcollective.in/contact/helplines/>

(City-wise distress helplines).

THE MIND CLAN database

https://themindclan.com/sharing_spaces/

(Comprehensive list of offline and online support groups).

OPEN COUNSELING database

<https://blog.opencounseling.com/hotlines-in/>

(Free hotlines, divided according to areas of concern).

SUICIDE PREVENTION INDIA FOUNDATION (SPIF) databases

https://docs.google.com/spreadsheets/d/1xk1HtACKhNgWW3rTZUYhIKa1VAiPirhSsaX6_YBBc1Q/edit?gid=1061209906#gid=1061209906

(Online chat and text based help).

https://docs.google.com/spreadsheets/d/1xk1HtACKhNgWW3rTZUYhIKa1VAiPirhSsaX6_YBBc1Q/edit?gid=205885230#gid=205885230

(Government hospitals with Psychiatry Department)

<https://docs.google.com/spreadsheets/d/1rX1wZQEgbuo8Pa6QQ4zOxHfHyT2LoNP5JmBknPd2vsA/edit?gid=0#gid=0>

(List of Mental Health Practitioners city wise).

References of some psychotherapists provided by Department members:

Dr. Shobhna Sonpar

Contact: 011-26591914 or 011-26856209 (before 9am and after 5pm)
shobnasonpar@hotmail.com

Shalini John (Delhi)

Contact: +91-9717312951, shalinijohn1@gmail.com

Shruti Kalra (Vimhans Hospital, Delhi)

Contact: +91-9810567479

Dr. Ayesha Kapur (Delhi)

Contact: +91-9810033235

Prasann Sharma (Delhi)

Contact: +91-9599937617

Nilofer Kaul (Delhi)

Contact: niloferkaul@gmail.com

Karishma Mehra (Delhi)

Contact: +91-9717968337

Online Therapy services:

Kantadorshi Parashar, Registered Clinical Psychologist. (Hindi, English, Assamese).

Contact: kantadorshi@gmail.com

Rhea Mathews, Psychologist.

Contact: rheamathews28@gmail.com

(Taking pro bono calls for health workers and people in isolation).

My Safe Place (clinical psychologists and counsellors)

Contact: info.mysafeplace@gmail.com, +91-9324951898

OTHER SERVICES:

IT'S OK TO TALK (SANGATH)

Website: <https://www.sangath.in/>

(Online space for young people to share their experiences with mental health, mental illness and wellbeing).

JUMPING MINDS

www.jumpingminds.ai

(Platform for people to connect with others and discuss everyday issues).

ONLINE TEXT-BASED HELPLINES

7 CUPS

<https://www.7cups.com/>

TEEN TALK INDIA

<https://teentalkindia.com/>

WYSA

<https://www.wysa.com/>

MENTAL HEALTH APPS

FINCH

<https://finchcare.com>

(App that helps prioritise self-care).

BETTER ME

<https://betterme.world/product/meditation>

(Meditation and self-help programs)

MANAS

<https://www.psa.gov.in/manas-mitra>

(National digital well-being platform, developed by Government of India).

CALM

<https://www.calm.com>

(For every day stress and anxiety).