



# The list of Counselling Services and Application

Name of the Helplines	Contact Details
Sanwad Helpline	<ul style="list-style-type: none"><li>• <b>Call: 14499 (Toll-free number)</b></li><li>• <b>Services Available:</b> 9 am to 6pm</li><li>• <b>Languages:</b> Multilingual</li></ul>
Tele MANAS	<ul style="list-style-type: none"><li>• <b>Call: 14416 OR 1800 891 4416 (Toll-free number)</b></li><li>• <b>Services Available:</b> 24*7</li><li>• <b>Languages:</b> Multilingual</li></ul>
iCALL, Psychosocial Helpline	<ul style="list-style-type: none"><li>• <b>Call: 9152987823</b></li><li>• <b>Services Available:</b> 9 am to 9 pm, Monday to Saturday</li><li>• <b>Languages:</b> English, Hindi, Marathi, Punjabi, Gujarati</li></ul>
CHAMPS Helpline	<ul style="list-style-type: none"><li>• <b>Call: 1800 2222 11 (Toll-free number)</b></li><li>• <b>Services Available:</b> 10 am to 6 pm, Monday to Saturday</li><li>• <b>Languages:</b> English, Hindi, Marathi, Tamil, Bengali</li></ul>
ReYou, Crisis Text line	<ul style="list-style-type: none"><li>• <b>Chat:</b> Click on the message icon on iCALL website – <a href="https://icallhelpline.org/">https://icallhelpline.org/</a></li><li>• <b>Services Available:</b> 9 am to 9 pm, Monday to Saturday</li><li>• <b>Languages:</b> English</li></ul>
Saksham – Mental Wellness Application	<div><ul style="list-style-type: none"><li>• <b>Google Store:</b> <a href="https://play.google.com/store/apps/details?id=com.saksham.mtcllp&amp;pcampaignid=web_share">https://play.google.com/store/apps/details?id=com.saksham.mtcllp&amp;pcampaignid=web_share</a></li><li>• <b>Languages:</b> English, Hindi, Marathi</li><li>• <b>Expected Support:</b> Gamified self-assessment with Self-help Zone including Activities, Affirmations and Relaxation Music</li></ul></div> <div><div>Scan the QR Code to download the App</div><div><div>Download from Google Play Store</div></div><div><div>Download from Web</div></div></div>

