

India Mental Health Helplines

Free · 24 / 7 · Routes to your state & language automatically



Scan for full directory

No language or location barrier — the system detects your state and connects you to a local counsellor automatically. All numbers are Toll-Free.

NATIONAL GOVERNMENT HELPLINES — AUTO-ROUTES TO YOUR STATE

Auto-routes · All 36 States & UTs · 20 languages

Tele-MANAS

Ministry of Health & Family Welfare · Supervised by NIMHANS, Bengaluru

53 dedicated cells cover all 36 States and Union Territories. Calling auto-routes you to your state cell — no manual searching needed. Counselling available in 20 regional languages. For severe distress, cells link directly to the District Mental Health Programme (DMHP) or local psychiatric emergency services for in-person care.

14416

1800-891-4416 (Toll-Free)

Select state & language on call · 13 languages

KIRAN

Dept. of Empowerment of Persons with Disabilities · Ministry of Social Justice & Empowerment

Select your state and language when you call. Backed by 25 national and state institutions (including 8 National Institutes) staffed by government-appointed clinical psychologists, rehabilitation psychologists, and psychiatrists. Available in 13 languages: Hindi, English, Tamil, Telugu, Marathi, Kannada, Malayalam, Bengali, Gujarati, Odia, Punjabi, Assamese, and Urdu.

1800-599-0019 (Toll-Free)

Connects to your state's mental health cell

National Health Helpline — 104

National Health Mission (NHM) · Operated by individual State Governments

The established local infrastructure adopted by most state governments, including Assam, Chhattisgarh, Jharkhand, Odisha, Punjab, Rajasthan, and Uttarakhand. Dialing 104 connects you directly to your state's mental health counselling cell, psycho-social first-aid desk, or district medical authority.

104

STATE GOVERNMENT HELPLINES

GUJARAT

Jeevan Aastha

Gujarat Police
Operated directly by Gujarat Police. Fully government-funded and staffed by professional psychological counsellors for immediate, accountable crisis de-escalation.

1800-233-3330

KARNATAKA

NIMHANS Support

NIMHANS, Govt. of India
Run by NIMHANS — an Institute of National Importance. Connects you to clinical psychologists and psychiatric social workers.

080-4611-0007

KERALA

Anuyatra

Social Justice Dept., Govt. of Kerala
Official State Government initiative providing mental health counselling, crisis assistance, and developmental disability support.

1800-120-1001