## Suicide Prevention Organisations in India

There are a number of voluntary organisation in India which offer counselling and help for individuals contemplating suicide. Most are located in major cities. Unfortunately, given the magnitude of the problem, there appears to be relatively little assistance available to those living in rural areas and those without access to telephones or the Internet.

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| NORTH | **Sumaitr**i  Aradhana Hostel Complex  No1,Bhagwan Das Lane  Bhagwan Das Road  Near National School of Drama  New Delhi  Phone: 011-23389090  Website: http://www.sumaitri.org  *Open (Mon-Fri 2PM to 10PM*  *and Sat-Sun 10AM to 10PM).* | Telephone, Face to Face and Letter Befriending |
| EAST | **Lifeline**  8/B Middleton Street  Gitanjali Apts  Flat No.1  E Kolkata 700 071.  Phone: 24637401/7432  Admin: 033 – 22178906  Email: [reach@lifelinekolkata.org](mailto:reach@lifelinekolkata.org)  Email: [Suksham\_singh@hotmail.com](mailto:Suksham_singh@hotmail.com)  Website: http://www.lifelinekolkata.org/home.html  Dir: Suksham Singh  EC member: Suksham Singh  Ram – President BI  Email: [ramoram@yahoo.com](mailto:ramoram@yahoo.com)  *Open daily 10 am to 7 pm* | Telephone Befriending |
| WEST | **Samaritans (Bombay)**  **C/o** **Naju K. Bhabha**,  49, Cuffe Parade, Colaba,  Mumbai - 400005.  **Helpline – 022 32473267**  **Phone:**+91 022 32410822 & +91 022 32410838  **E-mail:** [*smaritns@vsnl.com*](mailto:%20smaritas@vsnl.com)  Website: <http://samaritansbombay.com/page1.htm>  Dir: Frrokh Jijina  EC member: Frrokh Jijina  *Monday to Friday 3 P.M. – 9 PM*  *Saturday & Sunday10 A.M. – 4 PM* | Telephone, Face to Face and Letter Befriending |
|  | **Aasra**  104, Sunrise Arcade,  Plot No.100, Sector 16,  Koparkhairane, Navi Mumbai  **HELPLINE : 27546669(24hrs)**  Phone: 27546667(3PM TO 9PM)  Email: [aasrahelpline@yahoo.com](mailto:aasrahelpline@yahoo.com)  Website: http://www.aasra.info/  Dir: Johnson Thomas (9820466726)  EC member: Madhavan  *Open: daily 3 pm to 9 pm* | Telephone, Face to Face and Letter Befriending |
|  | **Saath Suicide Prevention Rehabilitation Centre**  B-12 Nilamber Complex  H.L. Commerce College Road  Navrangpura H.O.  Ahmedabad 380 009  **Helpline 1:** +91 79 2630 5544  **Helpline 2:** +91 79 2630 0222  Email: [saakul@wilnetonline.net](mailto:saakul@wilnetonline.net)  Dir: Anjoo Sheth  EC member: Anjoo Sheth  *Open daily 1 pm to 7 pm* | Telephone, Face to Face and Letter Befriending |
| SOUTH | **Sneha**  11 Park View Road  (Near Chennai Kaliappa Hospital)  R.A. Puram 600 028 Chennai  Tamil Nadu  **Helpline 1:** +91 (0) 44 2464 0050  **Helpline 2:** +91 (0) 44 2464 0060  **Website:** [www.snehaindia.org](http://www.snehaindia.org)  **Email Helpline:** [help@snehaindia.org](mailto:help@snehaindia.org)  **24 Hour service** | Telephone, Face to Face, Letter and email Befriending |
|  | **Maitreyi**  225, Thiagumudali Street,  Pondicherry 615 001.  Phone: 0413-2339999  Email: [bimaitreyi@rediffmail.com](mailto:bimaitreyi@rediffmail.com)  **Website:** [www.maitreyi.org.in](http://www.maitreyi.org.in)  *Open daily 2 pm to 8 pm* | Telephone, Face to Face and Letter Befriending |
|  | **Maithri-Kochi**  ICTA Shantigram,  Changampuzha Nagar (P.O.),  Kalamassery, Kochi - 682 033, Kerala  Phone: **91- 0484- 2540530**  **E-mails:**  [**maithrihelp@gmail.com**](mailto:maithrihelp@gmail.com)  [**maithrikochi@gmail.com  (only for official correspondence)**](mailto:maithrikochi@gmail.com)  Website: http://www.maithrikochi.org  *Open daily: 10 am to 7 pm* | Telephone, Face to Face and Letter Befriending |
|  | **Roshni**  1-8-303/48/21  Kalavathy Nivas  Sindhi Colony  S.P.Road,  Secunderabad 500 003  **Helpline 1:** 9166202000  **Helpline 2:** 9127848584  **Email Helpline:** [help@roshnihyd.org](mailto:help@roshnihyd.org)  *Open Mon to Sat 11 am to 9 pm* | Telephone, Face to Face and Letter Befriending |
|  | **Prateeksha**  Near Ambedkar Park  Peruvaram Road  North Paravur 683 513  Kerala  Phone: 0484 244 8830 | Telephone, Face to Face and Letter Befriending |
|  | **Prathyasa**  Vidya Jothi  Cathedral Junction  IrinjalaKuda  Kerala 680 685  Telephone: 0480 282 0091 | Telephone, Face to Face and Letter Befriending |
|  | **Thanal**  Iqra Hospital  Malamparamba  Calicut 673009 Kerala  Helpline 1: 0495 237 1100  Email: thanal.calicut@gmail.com  Openi: 10 am – 6 pm | Face to Face - Phone - Letter |
|  | **Maiithri**  *Kess Bhavan 1st Floor*  *Round West*  *Thrissur 680001 Kerala*  Helpline 1: 0487 233 0300  *Open: Monday - Saturday: 1 pm to 5 pm; Sunday: 11 am to 7 pm* | Face to Face - Phone - Letter |
|  | **Sahai**  47 Pottery Road  Frazer Town  Bangalore 560005 Karnataka  **Helpline 1: 2549 7777**  Website: [**www.mpa.org.in**](http://www.mpa.org.in)  *Opening hours: Mon- Sat: 10 am – 6 pm* | Telephone, Face to Face |
| ALL-INDIA | **Befrienders India**  Website: http://www.befriendersindia.org/main.htm | Website of suicide prevention information and resources |