## 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**iAradhana Hostel ComplexNo1,Bhagwan Das LaneBhagwan Das RoadNear National School of DramaNew 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 StreetGitanjali Apts Flat No.1 E Kolkata 700 071.Phone: 24637401/7432Admin: 033 – 22178906Email: reach@lifelinekolkata.orgEmail: Suksham\_singh@hotmail.comWebsite: http://www.lifelinekolkata.org/home.htmlDir: Suksham SinghEC member: Suksham SinghRam – President BI Email: 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*Website: <http://samaritansbombay.com/page1.htm>Dir: Frrokh JijinaEC 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.comWebsite: 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 ComplexH.L. Commerce College RoadNavrangpura H.O.Ahmedabad 380 009**Helpline 1:** +91 79 2630 5544 **Helpline 2:** +91 79 2630 0222Email: saakul@wilnetonline.netDir: Anjoo ShethEC 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**24 Hour service** | Telephone, Face to Face, Letter and email Befriending |
|   | **Maitreyi**225, Thiagumudali Street,Pondicherry 615 001.Phone: 0413-2339999Email: 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, KeralaPhone: **91- 0484- 2540530** **E-mails:**  **maithrihelp@gmail.com** **maithrikochi@gmail.com  (only for official correspondence)**Website: http://www.maithrikochi.org*Open daily: 10 am to 7 pm*  | Telephone, Face to Face and Letter Befriending |
|   | **Roshni**1-8-303/48/21Kalavathy NivasSindhi ColonyS.P.Road,Secunderabad 500 003**Helpline 1:** 9166202000 **Helpline 2:** 9127848584**Email Helpline:** help@roshnihyd.org*Open Mon to Sat 11 am to 9 pm* | Telephone, Face to Face and Letter Befriending |
|  | **Prateeksha** Near Ambedkar ParkPeruvaram RoadNorth Paravur 683 513KeralaPhone: 0484 244 8830 | Telephone, Face to Face and Letter Befriending |
|  | **Prathyasa** Vidya JothiCathedral JunctionIrinjalaKudaKerala 680 685Telephone: 0480 282 0091 | Telephone, Face to Face and Letter Befriending |
|  | **Thanal**Iqra HospitalMalamparambaCalicut 673009 KeralaHelpline 1: 0495 237 1100Email: 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 |