



## Mental Wellness Helpline Numbers for Support and Assistance

If you need immediate emotional support, please remember that support is available and you do not have to go through it alone. Please reach out to :

Tele-MANAS	14416	(24/7)
KIRAN	1800-599-0019	(24/7)
Vandrevala Foundation	9999-666-555	(24/7)
iCall (TISS)	022-25521111	(Mon-Sat: 8:00 AM-10:00 PM)
AASRA	9820466627	(24/7)
Sneha India Foundation	044-24640050	(24/7)

In addition, please feel free to reach out to the team or visit the Galgotias Centre for Mental Health (GCMH) for any further support or information:

### **Galgotias Centre for Mental Health (GCMH)**

Block C-038, (Opposite HCL) Contact : +91 120 480 6869

[centreformentalhealth@galgotiasuniversity.edu.in](mailto:centreformentalhealth@galgotiasuniversity.edu.in)

### **Psychiatrist**

Dr. Sidharth Sood

### **Psychologists**

Ms. Sapna Kanjani

Ms. Deepshi Jain

### **Clinical Psychologist**

Mr. Nishant Sharma

***You do not have to navigate this alone***